



# RECIPES

## Italian Tomatoes with Herbed Cheese

### INGREDIENTS:

- 2 large tomatoes, each cut into 6 slices
- ¼ tsp kosher salt
- ¾ cup low fat cottage cheese
- ¼ tsp freshly ground black pepper
- 2 Tbsp chopped fresh basil
- 2 tsp balsamic vinegar
- 2 tsp extra virgin olive oil

### INSTRUCTIONS:

1. Arrange the tomatoes in a single layer on a large serving plate
  2. Sprinkle with salt, if desired
  3. Spoon the cottage cheese evenly over the tomatoes
  4. Sprinkle with pepper and basil
  5. Drizzle the balsamic vinegar and olive oil over the salad
- Serve immediately

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
or call 504.349.1232*



Adapted from [www.daisybrandhealth.com](http://www.daisybrandhealth.com)