

Dale's

Southern Grill "A SOUTHERN EXPERIENCE..."

Cottage Cheese and Tomatoes

Easy--- and good for you!

I love this dish...It's attractive, cool, refreshing and good for you. The recipe prepares very fast and is super easy.

The biggest part is chopping everything up... It's origin is my grandmothers and was a staple at many church picnics. At Dale's our best recipes are those with the fewest and freshest ingredients... being easy to make doesn't hurt either. One of the secrets of this salad is allowing the cut tomatoes to marinate in salt and pepper... This dish is a great pairing for any Italian dish...you don't always have to go with a tossed salad... try it with spaghetti or lasagna... a great dish for our hot summer afternoons

Ingredients:

16oz Cottage Cheese (whatever brand you like)
1/2 cup marinated tomatoes
1/4 cup green onions 1/2 pieces
1/4 chopped celery 1/4 pieces
2 TBS Mayonnaise
Salt and pepper to taste

Use approximately two vine-ripe medium size tomatoes, slice about 1/2" thick, place on a plate and season with salt and pepper. Allow them to marinate while you chop the other ingredients. After all other ingredients are chopped dice tomatoes into 1/2" cubes. Place cottage cheese in mixing bowl. Add green onions, celery, and mayonnaise and mix lightly. Gently fold in tomatoes, being careful not to break them up too much. Chill in refrigerator until ready to serve. For a little different twist substitute cucumbers for the celery... very good too!

Enjoy
