

Cucumber Salad

Ingredients

- 3 baby cucumbers, sliced
- $\frac{1}{4}$ - $\frac{1}{2}$ small red onion
- 1-2 tbsp minced garlic
- Squeeze of $\frac{1}{2}$ -1 lemon
- 3/4 cup plain greek yogurt
- $\frac{1}{3}$ cottage cheese
- 2 handfuls of chopped, cooked chicken breast
- Salt
- Peper
- Drizzle of olive oil

Instructions

- To a bowl, add chopped cucumbers, red onion, garlic, greek yogurt, cottage cheese, lemon, olive oil, chicken breast, salt, and pepper.
- Cover with a lid and shake until ingredients are combined. Mix well if you do not have a lid.
- Provides 1-2 servings and is a healthy, filling meal. Enjoy!