



Powered by Protein Salad

Great for lunch or dinner, this green salad made with Bison Cottage Cheese is full of dairy protein, heart-healthy vegetables, and fresh, delicious flavor.

Servings	Prep Time	Cook Time	Total Time
2	20m	0m	20m

Ingredients

- 1 cup Bison Cottage Cheese
- 2 cups spinach
- ¼ head of cabbage, chopped
- 1 small head of broccoli, chopped
- 2 kale leaves, stems removed, chopped
- 1 cup of lentils, cooked
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ½ cup dried cranberries
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste
- Mandarin orange, for garnish

Instructions

1. Toss Bison Cottage Cheese, spinach, cabbage, broccoli, kale, lentils, sunflower seeds, pumpkin seeds, and cranberries together in a large bowl.
2. Whisk together olive oil, lemon juice, garlic, salt, and pepper in a small bowl.
3. Drizzle dressing over salad and garnish with orange, serve, and enjoy!

