

COMMUNITY



LiveBetter
with MedWatch

Easy Breakfast 1-2-3

Ingredients

- 1/8 tsp. ground black pepper
- 1/8 tsp. salt
- 1/2 Tbsp. dried basil leaves
- 1 tsp. garlic powder
- 1 scallion, bulb only, minced
- 1 small garlic clove, crushed
- 1/4 cup 1% low-fat cottage cheese
- 1 slice whole-grain bread

Preparation

1. In a medium size bowl, combine ground pepper, salt, dried basil leaves, garlic powder, scallion bulb, garlic clove and cottage cheese; mix well.
2. Lightly toast bread in toaster.
3. Spread cottage cheese mixture on toasted bread
4. Broil in oven for 1 to 2 minutes or until hot; serve hot.

Makes 1 serving. Serving size: 1 slice bread.



Nutrition Analysis

Per serving: 132 calories, 2 g fat, 414 mg sodium, 2 mg cholesterol, 3 g fiber



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