



LANCEWOOD® SALAD DRESSING

SERVES: 8

LANCEWOOD® PRODUCTS

- Fat Free Smooth Cottage Cheese
- Creamed Smooth Cottage Cheese FSI
- Creamed Smooth Cottage Cheese
- Cheddar FSI
- Cheddar

INGREDIENTS

Dressing:

60 ml olive oil

20 g parsley, chopped

5 ml garlic, crushed

Juice of half a lemon

250 g **LANCEWOOD® Creamed Smooth Plain Cottage Cheese**

Salt and freshly ground black pepper to taste

Pasta salad:

250 ml pasta, cooked

75 g onion, sliced

90 g yellow pepper, chopped

25 g cucumber, chopped
100 g rosa tomatoes
50 g **LANCEWOOD® Cheddar**, cubed

Spinach salad:

230 g baby spinach
50 g apple, roughly chopped
65 g walnuts
30 g dried cranberries
30 g pumpkin seeds

METHOD

Dressing:

Add the olive oil, parsley, garlic, lemon juice and cottage cheese together and mix well. Season to taste. Add extra olive oil and lemon juice if a runnier consistency is desired.

Pasta salad:

Combine the pasta, onion, yellow pepper, cucumber and rosa tomatoes into a salad bowl. Stir in the dressing and top with Cheddar.

Spinach salad:

Combine the baby spinach, apple, walnuts, cranberries and pumpkin seeds into a bowl. Stir in the dressing and serve.