

Cottage Cheese, Avocado, and Black Bean Salsa

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-lasagna-recipe-with-tortilla-chips-cottage-cheese>

Ingredients:

- 1 ear corn husked and cleaned
- 15 ounces reduced sodium black beans
- 32 ounces cottage cheese 1% fat
- 1 avocado peeled, pitted, and diced
- plum tomatoes 2 roma, seeded and diced
- 2 cups salsa
- 13 1/2 ounces tortilla chips if desired, optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 15 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 750 milligrams
9. Sugar: 5 grams

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