

Cottage Cheese Salad

1 celery stalk	¼ cup minced parsley
1 carrot	2 teaspoons fresh thyme
1 red or yellow pepper	24 ounces cottage cheese
1 jalapeño pepper	Salt and pepper to taste
1 bunch scallions	2-4 tablespoons heavy cream (Optional)
1 cup stuffed green olives	

Seed the red pepper and the jalapeño. Mince all the vegetables and the parsley, slice the stuffed olives, and place them all in a large bowl. Stir in the thyme leaves.

Gently mix in the cottage cheese. Taste for salt and pepper.

Taste the salad for moisture. If it is very dry, which depends on the creaminess of your cottage cheese, you may need to add some of the optional cream to make a moist salad.