

Wonder white

Pass the cheese please! Cottage cheese is so versatile, you can never spread it too thin. Just try these cheesy tidbits – they make snacks something to savour

Tomato and cottage cheese pizza

SERVES: 6 PREP: 5 MINS
COOKING: 10 MINS
POINTS VALUE PER SERVE: 2½
NOT SUITABLE TO FREEZE

- cooking oil spray
- 2 Lebanese bread
- 2 tbs bought basil pesto
- 3 vine-ripened tomatoes, thickly sliced
- 12 drained, pitted green olives, halved
- 30g mozzarella cheese, grated
- 250g *Weight Watchers* Cottage Cheese
- 2 tbs fresh parsley, finely chopped

- 1 Preheat oven to 180°C. Coat 2 oven trays with cooking oil spray.
- 2 Place bread on prepared trays. Spread with pesto. Arrange tomatoes and olives over each base. Sprinkle with the mozzarella cheese.
- 3 Bake in oven for 8-10 minutes or until golden.
- 4 Dollop with cottage cheese and sprinkle with the chopped parsley. Cut into wedges to serve.



Here's one essential item to keep in your refrigerator: *Weight Watchers* Cottage Cheese. Why? Then you can easily add that extra tasty touch to all sorts of savoury dishes, including dips and toppings. Best of all, *Weight Watchers* Cottage Cheese has a **POINTS** value of ½ for two tablespoons.

Mini jacket potatoes with smoked salmon

SERVES: 4
PREP: 10 MINS COOKING: 20 MINS
POINTS VALUE PER SERVE: 2½
NOT SUITABLE TO FREEZE

- 500g chat potatoes
- 250g *Weight Watchers* Cottage Cheese
- 100g sliced smoked salmon, chopped
- 1 small red onion, finely chopped
- 2 tbs fresh dill, finely chopped
- 2 tbs drained capers
- 2 tbs chopped fresh chives

- 1 Place the potatoes in a medium saucepan. Cover with water and bring to the boil. Boil gently for 10 minutes or until tender. Drain. Cool.
- 2 Cut the potatoes in half and arrange over the base of four serving bowls.
- 3 Combine the *Weight Watchers* Cottage Cheese, smoked salmon, onion, dill and capers. Spoon over the potatoes. Sprinkle with the chives and serve.

Spinach and cottage cheese dip with grilled Turkish bread

SERVES: 4 PREP: 5 MINS COOKING: 5 MINS
POINTS VALUE PER SERVE: 4
NOT SUITABLE TO FREEZE

- garlic-flavoured cooking oil spray
- 400g frozen spinach, thawed
- 250g *Weight Watchers* Cottage Cheese
- 2 garlic cloves, crushed
- 1 tbs tahini
- 4 medium slices Turkish bread (60g each)

- 1 Place the spinach, *Weight Watchers* Cottage Cheese, garlic and tahini in a food processor.
- 2 Process ingredients until smooth. Transfer to a serving bowl.
- 3 Preheat oven to 180°C. Lightly coat Turkish bread on both sides with cooking oil spray.
- 4 Arrange the Turkish bread on an oven tray and bake for 5 minutes or until toasted. Cut the bread into serving pieces. Serve with dip.

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