

Summer Salad

Submitted by Pat White

Stir together

1 large carton cottage cheese*

1 T mayonnaise*

1 medium tomato, chopped

1/2 bell pepper, chopped

3 green onions, chopped

1/2 cucumber, chopped

1 t. fresh or dried dillweed

salt and pepper to taste

Refrigerate for several hours to allow flavors to meld.

* May be any level of fat/low fat/fat free that your conscience will allow