

Snack

# Pear and Cottage Cheese Tray

Side Effect: Diarrhea

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Servings

**259 Calories** **4g Fat** **37g Carbs** **21g Protein**



## Ingredients

1 Serving 5 Mins Total Time Allergens: Dairy

1 5.3oz Package Plain Cottage Cheese, **pasteurized**

1 Tsp Chia Seeds

1 Pear, ripe, **washed**, and sliced

### Allergen Swap

Dairy Replace cottage cheese with a non-dairy yogurt alternative

### Nourishment Note



#### Pears

Pears are a rich source of soluble fiber. Soluble fiber may be beneficial for slowing the passage of food through the digestive tract, potentially aiding in diarrhea relief.



#### Cottage Cheese

Cottage cheese is a great source of protein. Protein needs may be elevated while undergoing cancer treatment.



#### Chia Seeds

Chia seeds are rich in anti-inflammatory omega-3 fatty acids as well as soluble fiber. Soluble fiber may be beneficial for preventing diarrhea.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Serve and Enjoy

Sprinkle chia seeds over cottage cheese. Stir in, if desired. Place pear slices on a plate and enjoy!

### 3. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Knife



Cutting Board



Measuring Spoon



Spoon

### Fatigue Buster

- Simply pour chia seeds over the cottage cheese in the container.