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Description

Transform simple pantry staples into a comforting culinary masterpiece with Canned Tomato in the Snow. This comforting dish pairs rich, warm garlic-stewed canned tomatoes with a cool, silky bed of whipped cottage cheese. The rich umami goodness of reduced tomatoes creates a velvety sauce that contrasts perfectly against the snowy, creamy protein base. It's an ideal budget-friendly solution when fresh tomatoes aren't in season, offering a nourishing, high-protein, low-carb treat that satisfies hearty cravings in minutes.

Can This Canned Tomato in the Snow Support Weight Loss Goals?

Yes, this recipe supports weight loss goals through smart, protein-dense nutrition principles. Cottage cheese supplies slow-digesting casein protein, which helps keep you feeling full and satisfied, curbing the desire for unnecessary snacking. Additionally, canned diced tomatoes offer deep flavor and volume with very few calories, making this an ideal low-energy-density dish that fits comfortably within a calorie-conscious diet.

Does Canned Tomato in the Snow Fit a High-Protein Lifestyle?

Absolutely, this dish fits cleanly into a high-protein, low-carb lifestyle, providing roughly 18 grams of quality protein and under 6 grams of net carbs per serving. Utilizing budget-friendly canned diced tomatoes simmered with garlic, olive oil, and herbs over whipped low-fat cottage cheese, it offers exceptional macro efficiency. It gives your body clean building blocks without relying on added sugars or high-carb starches.

My Personal Experience

- **Pantry-Friendly Convenience:**

I love keeping canned tomatoes stocked so I can whip up this rich, high-protein meal anytime without worrying about fresh produce spoiling.

- **Warm and Comforting Texture:**

Simmering canned tomatoes breaks them down into a thick, savory jam that melts beautifully into the cold whipped cottage cheese.

- **Effortless Meal Prep Base:**

I frequently whip the cottage cheese ahead of time, making it super easy to heat up the tomatoes for a 5-minute lunch during busy workdays.

Perfect For:

This recipe is ideal for high-protein snacks, low-carb lunches, keto diet plans, quick weeknight side dishes, budget-friendly meal prep, and post-workout fuel.

Why You'll Love This Recipe:

- **Budget-Friendly Pantry Staple:**

Uses accessible canned tomatoes and standard cottage cheese, making it a extremely

cost-effective high-protein meal option.

- Deep, Concentrated Umami Flavor:

Simmering canned tomatoes intensifies their natural savory sweetness far more than quick-cooking fresh produce.

- Quick & Beginner-Friendly:

Requires zero chopping skills and cooks in under 10 minutes on the stovetop for ultimate kitchen simplicity.

- Sustained Satiety & Fuel:

Combines lean dairy protein with rich plant antioxidants like lycopene to keep your energy stable for hours.

Common Mistakes to Avoid:

1. Not Reducing the Canned Tomato Juice: Pouring watery canned tomatoes directly onto the cheese without simmering first creates a soggy, runny mess.
2. Skipping the Cottage Cheese Blending: Failing to whip the cottage cheese leaves curds instead of creating a smooth, snowy foundation.
3. Using Canned Tomatoes with Added Sugars: Always check label ingredients to ensure you choose canned tomatoes packed without added sugar or heavy syrups.
4. Overheating the Assembly: Adding boiling-hot tomatoes directly over cheese and letting it sit will melt the cool base into a thin liquid; assemble just before eating.

Required Equipment:

- Food Processor or Blender: Turns lumpy cottage cheese into a smooth, luxurious, snow-

like cream base.

- Saucepan or Skillet: Allows canned tomatoes to simmer, reduce, and concentrate their savory flavors quickly.
- Wooden Spoon or Spatula: Keeps tomatoes from catching on the bottom of the pan while breaking them down into a rich sauce.
- Shallow Bowl or Plate: Spreads out the whipped base evenly to maximize the contact area with the warm tomato topping.

Storage Instructions:

Store the cooked tomato mixture and whipped cottage cheese in separate airtight glass containers in the refrigerator for up to 4 days. Do not freeze this dish, as freezing separates cottage cheese and changes its texture upon thawing. Warm the stewed tomatoes gently on the stovetop or in the microwave for 30–45 seconds before spooning over the cold cheese base.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 8 minutes
- Total Time: 13 minutes
- Servings: 2

Best Season for This Recipe:

All-season (especially great for Winter)

Total Calories (Per Serving):

Approximately 185 kcal

Description Summary

Canned Tomato in the Snow turns pantry-friendly diced tomatoes into a warm, simmered sauce layered over cold whipped cottage cheese. High in clean protein and low in net carbs, this 13-minute recipe offers deep savory flavor on a budget. Perfect for high-protein snacking, low-carb lunches, or quick healthy meals year-round.

□ Ingredients:

- 1 can (14.5 oz) diced or crushed canned tomatoes (no added sugar, partially drained)
- 1 cup low-fat cottage cheese
- 1 tbsp olive oil
- 2 cloves garlic (minced)
- 1/2 tsp Italian seasoning or dried oregano
- 1/4 tsp sea salt (*adjust to taste*)
- 1/4 tsp crushed red pepper flakes (*optional for heat*)
- Fresh parsley or basil for garnish (*optional*)

Directions:

1. Whip the “Snow” Base:

Place 1 cup of cottage cheese and a pinch of salt into a blender or food processor. Blend on high speed for 60 seconds until smooth and silky; spread evenly across two cold serving plates.

2. Sauté Aromatics:

Heat olive oil in a small saucepan over medium heat for 1 minute. Add minced garlic and crushed red pepper flakes, cooking for 30 seconds until fragrant without burning.

3. Simmer Canned Tomatoes:

Add the canned tomatoes, Italian seasoning, and sea salt to the pan. Bring to a gentle boil, then turn heat down to medium-low and simmer for 6 to 8 minutes until juices reduce and tomatoes thicken into a rich sauce.

4. High-Protein Finish Check:

Taste sauce for seasoning and ensure it has thickened so it rests easily on top of the cheese base without watering it down.

5. Assemble & Enjoy:

Spoon warm, stewed canned tomatoes over the chilled whipped cottage cheese base. Garnish with fresh herbs if desired and serve immediately.

Nutrition Facts (Per Serving – Approximate):

- Calories: 185 kcal
- Fats: 8 g
- Cholesterol: 15 mg
- Sodium: 510 mg
- Potassium: 410 mg
- Total Carbohydrates: 8 g
- Fiber: 2 g

- Net Carbs: 6 g
- Sugars: 5 g
- Protein: 18 g
- Calcium: 130 mg

Notes:

- Storage Tip: Keep components separate until serving to maintain the distinction between cold cream and warm tomatoes.
- Reheating Instructions: Microwave tomatoes in 30-second intervals until warm, then layer over cold whipped cheese.
- Allergy Notes: Gluten-free, nut-free, egg-free, and soy-free. Contains dairy.
- Flavor Boosts: Add a teaspoon of tomato paste during simmering for an even richer, deeper tomato flavor.