

Cottage Cheese Bake

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Servings: 6

2 cups low-fat cottage cheese

1 package (10 ounce) frozen chopped spinach, thawed and thoroughly drained

2 eggs, beaten

1/2 cup grated Parmesan cheese

1/4 cup garlic powder (optional)

1/4 teaspoon black pepper

1/8 teaspoon salt

toasted bread crumbs (optional)

Preparation Time: 5 minutes

Preheat the oven to 350 degrees.

Coat six six-ounce ramekins with cooking spray.

In a bowl, stir together the cottage cheese, spinach, eggs, Parmesan, garlic powder, pepper and salt. Divide the mixture among the ramekins (1/2 cup each).

Bake until bubbling at the edges and the eggs are just set, about 25 minutes.

Garnish with toasted bread crumbs, if using.

Per Serving (excluding unknown items): 73 Calories; 4g Fat (45.4% calories from fat); 7g Protein; 3g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 246mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.