Cottage Cheese Bake Recipe

**SERVINGS: 8

INGREDIENTS**2 cups low-fat or fat-free cottage cheese
2 whole eggs
10 oz pack of frozen spinach (thawed and drained)
½ cup Parmesan cheese

**DIRECTIONS**

1. Preheat oven to 350° F.
2. In large bowl, mix all ingredients together well.
3. Place evenly into 8x8 pan.
4. Bake for 20-30 minutes or until cheese bubbles on outside.
5. Let sit 5 minutes before serving.
6. Season to taste with salt, pepper, and garlic as desired.

**NUTRITIONAL ANALYSIS PER SERVING (about 1/2 cup):**Total calories: 78
Total fat: 3 g
Total carbohydrates: 3 g
Dietary Fiber: 1 g
Sugars: 2 g
Protein: 11 g