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