



Easy Cottage Cheese Casserole (OP W)

Serving: 1

Veg

Ingredients

- 2 Large Whole Eggs
- 4 Cloves Minced Garlic - 2 Teaspoons
- 1 Teaspoon Onion Powder
- 1 Teaspoon Chili Powder
- 8 Tablespoons Parmesan Cheese
- 2 Cups Cottage Cheese - Fat Free
- 1 Cup Spinach - or Kale

Preparation Method

- Chop up your Spinach and mix everything together in a large bowl
- Add your mix into an oven safe dish
- Bake on 350F/176C for 15-20 minutes or until the sides start to bubble