

Shelly's Ricotta Bake

From theworldaccordingtoeggface.com



8 oz ricotta cheese, part skim milk
1/2 cup parmesan cheese, grated
1 large egg, beaten
1 tsp Italian seasoning
salt & pepper to taste
1/2 cup marinara sauce
1/2 cup mozzarella cheese, part skim milk, shredded

Preheat oven to 450 degrees. Mix ricotta and parmesan cheeses, egg and seasonings together in an oven-proof dish. Top with marinara sauce and then mozzarella cheese. Bake for 20 minutes. Makes 8 servings.

Nutrition information per serving: 107 calories, 8 grams protein, 6 grams fat, 4 grams carbohydrate, 248 mg sodium.

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