

Ricotta Bake

Ingredients	Directions
8oz ricotta cheese, low fat ½ cup parmesan cheese, grated 1 large egg ½ -1 tsp Italian seasoning, depending on taste ¼- ½ tsp garlic powder, depending on taste Salt and pepper to taste	<ol style="list-style-type: none"> 1. Pre-heat oven to 450 degrees. 2. In a medium size bowl, mix ricotta, parmesan, egg and seasoning until combined. 3. Transfer mixture into an oven proof dish (tempered glass, casserole dish...).
½ cup of tomato sauce (if 4 weeks post op) ½ cup part skim mozzarella cheese, shredded	<ol style="list-style-type: none"> 4. On top of the ricotta mixture (if 4 weeks top with tomato sauce. If beginning of phase 2, omit sauce), sprinkle with mozzarella cheese. 5. Place in oven for about 20-25 minutes, and cook until it starts to bubble and the cheese is melted to desired doneness. 6. Enjoy!

This recipe was inspired and adapted by the blog, [“The World According to Eggface”](#).

Tips:

At 4 weeks post op, add tomato sauce and also try adding soft veggies like sautéed spinach, cooked zucchini or cooked bell peppers.