



Spinach Casserole

By: Jillian Michaels (Winning by Losing)

Serves 12; 80 calories per serving

- 1 bag (16 ounces) frozen spinach
- 7 cups fat-free cottage cheese
- 4 egg whites
- 1 pack (8 ounces) of reduced-fat feta cheese, crumbled
- 1 tablespoon onion flakes
- ½ cup grated reduced-fat Parmesan cheese

DIRECTIONS:

Preheat oven to 375 degrees. Defrost and drain spinach. In a bowl, mix spinach with cottage cheese, egg whites, and feta. Add onion flakes to taste. Pour mixture into a 16 by 12-inch baking dish and sprinkle top with Parmesan.

Cook for 45 minutes, until golden brown on top.