



SHELLY'S BAKED RICOTTA

Recipe by TSUalum93

CHEF'S NOTE

"A great choice for a post off Weight Loss Surgery (WLS) patient in the pureed stage. Always check with your doctor first. Find more of Shelly's great recipes and other information on her blog at: <http://theworldaccordingtoeggface.blogspot.com/>"

READY IN: 30mins

YIELD: 1 Pan

UNITS: US



INGREDIENTS

8	ounces ricotta cheese
½	cup grated parmesan cheese
1	large egg, beaten
1	teaspoon italian seasoning
	salt & pepper
½	cup marinara sauce
½	cup shredded mozzarella cheese

DIRECTIONS

Mix ricotta cheese, parmesan, beaten egg, seasonings together and place in a oven proof dish.

Pour marinara on top and top with mozzarella cheese.

Bake it in the oven @ 450 for about 20-25 minutes (best) or nuke it till hot and

bubbly.

Shelly suggests to first make it in the oven and heat the leftovers in the microwave.

NUTRITION INFO		
Serving Size: 1 (520 g)		
Servings Per Recipe: 1		
AMT. PER SERVING		% DAILY VALUE
Calories 960.4		
Calories from Fat 588		61%
Total Fat 65.4 g		100%
Saturated Fat 37.6 g		187%
Cholesterol 420.2 mg		140%
Sodium 1985.2 mg		82%
Total Carbohydrate 24.9 g		8%
Dietary Fiber 0.5 g		2%
Sugars 13.2 g		52%
Protein 67 g		133%