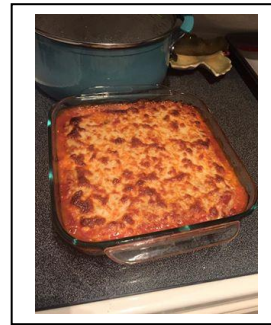


Ricotta Bake

Looking for a flavorful recipe on your stage 2, step 1 phase? This recipe is full of flavor and protein to get you off to a good start. You can freeze small portions to use later. Just try not to overdo the tomato products, such as the marinara, while you are healing the first 6-12 weeks.

Ingredients:

- 8 oz of Ricotta Cheese
- 1/2 cup grated Parmesan
- 1 large Egg, beaten
- 1 teaspoon Italian Seasoning
- salt & pepper to taste
- 1/2 cup Marinara Sauce
- 1/2 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.

Optional as diet advances...add some crumbled, cooked turkey Italian sausage