

Vegetable & Ricotta Casserole

Personal Size for Meal Prep

PREP TIME: 10 MINUTES
COOK TIME: 30-35 MINUTES

YIELDS: 2 MINI CASSEROLES
(PERSONAL RAMEKIN SIZE)

Ingredients

- 3 raw eggs
- 2 tablespoons ricotta cheese, whole milk
- ¼ cup raw spinach, chopped
- 2 tablespoons raw mushrooms, chopped
(or one mushroom sliced/chopped)
- 1 tablespoon tomatoes, chopped
- 1/8 teaspoon of each: salt, black pepper,
garlic powder, and onion powder

Qualities

- Texture: Soft
- Rating for Scent : 5/10
- Spice Level: 0/10

Recipe Benefits

- Gluten free



Directions

1. Preheat oven to 350°F.
2. In a mixing bowl, whisk eggs to combine yolk and white.
3. Add remaining ingredients.
4. Season with salt, pepper, garlic powder, and onion powder.
5. Grease a ramekin or oven safe dish with nonstick cooking spray.
6. Pour mixture filling $\frac{3}{4}$ of the ramekin.
7. Bake for 35-40 minutes until firm and golden brown.
8. Allow to cool slightly before serving or removing from mold.



Chef Tips/Adjustments

- This recipe can be stored in an airtight storage container and placed in the refrigerator or freezer for future use.
- Other vegetables can be used in this recipe such as peppers, carrots, onions, garlic, or asparagus.
- Proteins can be added to this recipe such as bacon, tofu, or ground beef.
- Other cheeses can be used such as cheddar, mozzarella, or parmesan cheese.
- Raw egg whites can be used in this recipe as well.