

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Veggie Loaf Cake

(Makes 6 slices)

Ingredients

- 1.5 cups egg whites
- 2 eggs
- 1/2 cup low-fat cottage cheese
- 1/4 cup coconut flour
- 3/4 cup oat flour
- 1 TB garlic powder
- 1/2 cup (each) chopped: onion, zucchini, red pepper, tomatoes, mushroom
- 1/2 tsp. each: sea salt and black pepper
- 2 TB Italian seasoning



Instructions

1. Preheat oven to 375 degrees.
2. In a small skillet coated with non-stick cooking spray, sauté onion, zucchini, pepper, tomatoes, and mushrooms for approximately 5 minutes— or until veggies are slightly tender.
3. In a large bowl, combine eggs, cottage cheese, flours, salt, pepper, garlic powder, and seasoning.
4. Add the veggies once they are done to this mixture and mix to thoroughly combine.
5. Coat a 9x5 loaf pan with cooking spray and pour/spoon the mixture into the pan.
6. Bake for approximately 30 minutes, or until top is golden brown.
7. Remove from oven and let set for 15 minutes before slicing into 6 even pieces. Enjoy!

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Nutritional Information (per serving)

Calories...125

Protein...11 g

Carbohydrate...14 g

Fat...3 g



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