



## Cottage Cheese & Veggie Egg Tartlets

### INGREDIENTS

2 pats of butter	3 garlic cloves, minced
1 large onion, finely chopped	1 lb fresh spinach leaves
1 lb low-fat cottage cheese	4 eggs
1 TBSP oregano or dill	Salt and pepper to taste

### DIRECTIONS

Preheat oven to 375F. Heat 1 pat of butter in a skillet over medium-high heat. Sauté onion and garlic until onion turns clear, not brown. Add spinach in batches and sauté only until wilted. In a bowl, beat eggs, oregano/dill, salt and pepper. Add spinach mixture and mix thoroughly. Fold in cottage cheese. Use the remaining pat of butter to grease the full-sized cupcake tin. Spoon batter into cupcake tin, filling each  $\frac{3}{4}$  full. Bake until top starts to brown, about 30 minutes. Makes 12 tartlets, 100 calories each.