



Unbelievable Yellow Squash Soufflé

ingredients:

4 small yellow squash, grated. Should be about 3-4 cups once grated.

4 medium eggs, whisked

1 t baking powder

1/4 c almond flour. Coconut flour CAN be substituted, but add half as much since it is so absorbent

1/2 white onion, chopped finely

1/2 c cottage cheese

2 c cheddar or parmesan cheese (I like Parmesan)

1/2c butter, melted

Preheat oven to 350, and spray a 9 x 13 casserole dish with olive oil or butter.

Put the grated squash in a bowl, with about 2 t of salt, toss and let sit for about 10 minutes. The salt will pull the water out of the squash. After 10 minutes, lay the squash on cheese cloth or other thin material, and squeeze out as much water as possible by twisting!

Return grated squash to bowl, mix in cheeses, almond flour, baking powder and onion. Mix well. Then add your eggs and melted butter. Mix well until thoroughly combined.

Transfer to your buttered cassserole dish and bake for 50-60 minutes, until golden brown on top and toothpick comes out clean when inserted into the center of souffle. This is best when allowed to cool.

*This also works well with the green zucchini!

Macros: makes 6 servings,
calories 171
carbs 1.2g
protein 13.2
fat 12g