

Fluffy Ground Turkey Souffle Squares

Printable Grocery List

- ☐ 1 lb ground turkey
- ☐ 2 cups cottage cheese (fat free or low fat)
- ☐ 6 large eggs
- ☐ 2 cups reduced fat shredded cheddar cheese
- ☐ 1/2 cup plain breadcrumbs
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp black pepper
- ☐ 1/2 tsp paprika
- ☐ Olive oil spray