



Chili-Cheese Egg Casserole

Makes 10 Servings

Ingredients

10 large eggs

¼ cup flour

1 teaspoon baking powder

½ teaspoon salt

⅓ cup butter

16 ounces non-fat cottage cheese

8 ounces shredded Monterey Jack Cheese

One 7-ounce can diced green chiles

Instructions

1. Whisk eggs in a large bowl.

2. Combine and stir flour, baking powder and salt, then add to eggs and blend.

3. Add remaining ingredients to eggs and stir.

4. Bake uncovered at 350 degrees in a 9 x 13 buttered baking dish for 45 minutes or until golden brown and set.

Nutrition Facts

Serving size: ⅒ of recipe; calories per serving: 268; carbohydrates: 6g; protein: 18g; fat: 18g; saturated fat: 9.5g; sugars: 3g; dietary fiber: 0g; cholesterol: 232mg; sodium: 530mg

Created by Kristin Scott and verified by BlueCross Food Services