

Cheesy Spinach Egg Breakfast Casserole



Nutrition Information | Yield: 10

Amount Per Serving: Calories: 206 | Total fat: 8g | Carbohydrates: 10g | Fiber: 1g | Sodium: 479mg | Protein: 20g | Calcium: 23%

Ingredients:

- 9 eggs
- 24 oz. fat free cottage cheese
- 10 oz. block frozen spinach, thawed
- 7 oz. bag low-fat shredded cheddar cheese
- 7 tablespoons whole wheat flour
- ½ onion, chopped
- 1 red pepper, seeded and chopped

Tips:

- Pair with a 3 oz. sweet potato topped with cinnamon or a piece of whole grain toast with a piece of fruit to complete the meal.
- The frozen spinach does NOT need the liquid squeezed out from it.
- Can be assembled the night before and refrigerated to be cooked the following morning.
- May also be cooked in a muffin baking tray for smaller servings. Great for large crowds!
- Freezes well. Cut and freeze individual portions to defrost when ready to eat.

Directions:

1. Crack eggs in large bowl; beat with a whisk.
2. Combine other ingredients, reserving ¼ cup cheddar cheese.
3. Pour batter in lightly greased 9 x 13 pan.
4. Bake at 350° F degrees for about 45 minutes.
5. Take casserole out of oven and sprinkle reserved cheddar cheese on top.
6. Bake 5 more minutes.

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