

High Protein Egg Bake

Servings: 4 - 6

Cook time: 25 – 30 minutes

Prep time: 15 minutes

Ingredients:

- 6 large eggs
- 1 cup cottage cheese
- 1/2 cup chopped spinach
- 1/4 cup chopped onion
- 1/2 cup chopped bell pepper
- 1/4 cup shredded cheddar cheese
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- Pinch of garlic powder (optional)

Directions:

Step 1

Preheat oven to 350°F (175°C). Grease a 9x9 inch baking dish.

Step 2

Combine ingredients: In a large bowl, whisk together eggs, cottage cheese, spinach, onion, bell pepper, cheese (if using), salt, pepper, and garlic powder (if using).

Step 3

Pour and bake: Pour the egg mixture into the prepared baking dish.

Step 4

Bake: Bake in preheated oven for 25-30 minutes, or until the center is set and the top is golden brown.

Step 5

Let stand: Let the casserole stand for 5 minutes before serving.

Tips and Variations:

- **Add-ins:** Get creative with your veggies! Try adding diced tomatoes, mushrooms, broccoli, or chopped ham. **Spice it up:**
- Add a pinch of red pepper flakes or a dash of hot sauce to the egg mixture for a bit of heat.
- **Make it ahead:** You can assemble this casserole the night before and refrigerate it overnight. Bake as directed, adding a few extra minutes to the baking time.