

Baked Cottage Cheese Eggs



Ingredients:

- 1 cup cottage cheese
- 4 large eggs
- 1/4 cup milk (any type)
- 1/2 cup shredded cheese (cheddar, mozzarella, or your choice)
- 1/2 cup chopped vegetables (such as bell peppers, onions, spinach, or mushrooms)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder (optional)
- 1/4 teaspoon dried herbs (such as thyme, oregano, or basil) (optional)
- cooking spray or butter for greasing the baking dish

Instructions:

1. **Preheat Oven:** Preheat your oven to 375°F.
2. **Prepare Baking Dish:** Lightly grease a baking dish (about 8×8”) with cooking spray or butter.
3. **Mix Ingredients:** In a large bowl, combine the cottage cheese, eggs, milk, shredded cheese, chopped vegetables, salt, pepper, garlic powder, and dried herbs. Mix well until everything is evenly incorporated.
4. **Pour into Dish:** Pour the mixture into the prepared baking dish and spread it out evenly.
5. **Bake:** Bake in the preheated oven for 25-30 minutes, or until the eggs are set and the top is lightly golden.
6. **Cool Slightly:** Allow the baked cottage cheese eggs to cool for a few minutes before cutting into squares or slices.
7. **Serve:** Enjoy warm as a breakfast dish, brunch option, or light dinner.