

Food is Health • Community Recipe Challenge

High-Protein Breakfast Casserole

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 4 oz fresh oyster or shitake mushrooms, sliced (about 1 cup)
- 1 medium red bell pepper, chopped (about 1¼ cups)
- 1 small yellow onion, chopped (about 1 cup)
- ¼ teaspoon salt, divided
- 1 (5 oz) package baby kale
- 1½ teaspoons garlic powder
- 8 large eggs
- ½ cup small-curd 2% reduced-fat cottage cheese
- ⅓ cup whole milk
- 1½ cups shredded Colby-Jack cheese, divided



Recipe from [eatingwell.com](https://www.eatingwell.com) (adapted)



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Instructions

1. Preheat oven to 350°F; lightly coat an 8-inch baking dish with cooking spray.
 2. Heat 1 tablespoon oil in a skillet over medium-high heat. Add mushrooms and cook undisturbed for about 4 minutes until browned. Stir and continue cooking until moisture evaporates, about 3 more minutes.
 3. Add bell pepper, onion, 1/8 teaspoon salt, and remaining 1 tablespoon oil. Cook, stirring often, until softened, about 4 minutes. Stir in baby kale and garlic powder; cook until kale is wilted, about 2 minutes. Remove from heat and let cool slightly.
 4. In a blender, combine eggs, cottage cheese, milk, 3/4 cup Colby-Jack, and remaining 1/8 teaspoon salt. Blend on low until smooth (about 20 seconds).
 5. Spread half of the vegetable mixture in the prepared dish. Pour egg mixture over top, then scatter remaining vegetables evenly. Sprinkle with remaining 3/4 cup Colby-Jack.
 6. Bake for about 40 minutes, until puffed and golden at the edges. Let stand 10 minutes before serving.
- To make ahead - let cool, then refrigerate in an airtight container for up to 3 days.
 - Customize this breakfast casserole with your favorite veggies!



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To see contest rules, visit elcaminohealth.org/foodishealth.
For questions, please email FoodisHealth@elcaminohealth.org.

Nutrition Information per Serving Serves 6

Calories	310
Protein	20g
Carbohydrates	11g
Total Fat	21g
Saturated Fat	9g
Fiber	2g
Sugar	6g
Sodium	429mg

The information shown is an estimate.



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