

Crab and Artichoke Egg Puff with Hollandaise Sauce

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 5 large eggs, beaten
- ¼ cup all-purpose flour
- ½ teaspoon aluminum-free baking powder
- 8 ounces cottage cheese
- 2 cups monterey jack cheese, grated
- 4 ounces fresh lump crabmeat
- 6 ounces artichoke hearts, chopped
- salt and pepper, to taste
- Hollandaise sauce, see note from Caroline

Method

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well. Spray six 6oz ramekins (I like ones by BIA Cordon Bleu) with cooking spray and divide the mixture equally between ramekins.
3. Bake in preheated oven for 30 minutes or until golden brown. Serve immediately garnished with Hollandaise sauce.

Notes



Cook'nWithCaroline Tip:

"I could give you a recipe for Hollandaise sauce, but why not spend more time with your family or guests? The Knorr mixes are just as good as my own - so I've given up trying to make a better one and use theirs instead!"

Servings/Yield

six 6oz ramekins

Categories

Breakfast Casseroles

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 285

Total Fat: 15.71g

Cholesterol: 209mg

Sodium: 536mg

Total Carbs: 8.61g

Dietary Fiber: 1.45g

Sugars: 1.60g

Protein: 23.49g