

Green Chili Egg Puff Recipe

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 10** large eggs
- ½** cup all-purpose flour
- 1** teaspoon aluminum-free baking powder
- ½** teaspoon sea salt
- 16** ounces monterey jack cheese, shredded
- 16** ounces 4% cottage cheese
- 4** ounces canned green chilies

Method

- 1.** In a large bowl, beat eggs on medium-high speed for 3 minutes or until light and lemon-colored.
- 2.** Combine the flour, baking powder and salt; gradually add to eggs and mix well. Stir in the cheeses and chilies.
- 3.** Pour into a greased 13-in. x 9-in. baking dish. Bake, uncovered, at 350° for 35-40 minutes or until a knife inserted near the center comes out clean.
- 4.** Rest 5 minutes before serving.

Notes



Cook'nWithCaroline Tips:

"I like to make this dish with various types of cheeses, depending on the guests' likes. Feel free to substitute the Monterey Jack cheese with Mexican blend, sharp Cheddar or another favorite. Sometimes I also add more chilies, depending on the guests!"



Servings/Yield

8 servings

Categories

Breakfast Casseroles

NUTRITION FACTS

Servings: 8

Amount Per Serving

Calories: 386

Total Fat: 23.26g

Cholesterol: 292mg

Sodium: 958mg

Total Carbs: 9.23g

Dietary Fiber: 0.21g

Sugars: 2.05g

Protein: 28.94g