

## Southwestern Egg Casserole

**Recipe Source:** Once-A-Month Cooking, Family Favorites

### Kitchen Equipment Needed:

2 medium bowls  
Whisk  
Spoon or spatula  
Measuring cups and spoons  
Can opener  
Liquid measuring cup

### Ingredients:

10 eggs (or 20 egg whites or 2  $\frac{3}{4}$  c. egg substitute)  
 $\frac{1}{2}$  cup all-purpose flour  
1 teaspoon baking powder  
 $\frac{1}{8}$  teaspoon salt  
2 cups (8 oz.) low-fat shredded Monterey Jack cheese  
2 cups (16 ounces) small-curd non-fat cottage cheese  
1 (7 oz.) can chopped mild green chilies

For a Healthier recipe:

- Use less cheese
- Add vegetables such as spinach, onion or bell pepper

### Directions:

1. Label freezer bag with the name, cooking instructions, and use by date (3 months from today).
2. In a medium bowl, beat the eggs with a wire whisk.
3. In a separate bowl, combine the flour, baking powder, and salt; stir the eggs into the dry ingredients (the batter will be lumpy).
4. Add the cheeses, butter, and chilies.
5. Pour into gallon freezer bag – seal (double check it!). Refrigerate until you get home.
6. If you want one large casserole, you may leave it in the gallon freezer bag and freeze. If you'd like smaller portions, you can divide the mixture in half or thirds. Just freeze either in freezer bags, or casserole dishes coated with nonstick cooking spray and covered with heavy-duty aluminum foil or a lid. Suggested casserole sizes: one large 13x9x2 baking dish, two 8x8 dishes, or three 7-inch rounds. Be sure and label all bags or dishes.

Makes about 12 servings. Serve with a green salad and fruit.

**To Use:** Thaw egg mixture. Bake, uncovered, in preheated 350°F oven for 30 to

40 minutes, or until a thermometer inserted in the middle reads 160°F. Let stand for 5 minutes before cutting. Garnish with your favorite salsa.

**Nutrition Information per serving (with eggs):** calories 130; fat 5g; cholesterol 160mg; sodium 370mg; carbohydrate 8g; protein 13g. To reduce cholesterol to less than 5mg per serving, use egg substitute (it also adds 1g fat, 90mg sodium, 1g carbohydrate, and reduces protein to 11g per serving).