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Broccoli, Egg, and Cheese Bake

6 large eggs
4 oz light margarine
½ pound low-fat cheddar cheese
6 Tbsp flour
2 pounds non-fat cottage cheese
10 oz frozen, chopped broccoli (thawed)
1 tsp salt
Dash black pepper
Dash paprika (optional)
4 oz jar pimento (optional)
½ cup sliced mushrooms, fresh or canned (optional)

1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Spray 2-quart casserole dish with cooking spray.
4. Place combined ingredients in prepared pan and bake for 90 minutes.
5. Serve hot.

Makes 8 servings

Per Serving (1 cup):

Calories: 115

Fat: 5 g

Protein: 12 g

Carbohydrates: 5 g

Cholesterol: 75 mg

Sodium: 419 mg

Source:

<http://www.froedtert.com/SpecialtyAreas/BariatricSurgeryProgram/Recipes/BroccoliEggandCheeseBake.htm>

