

## Green Chili Egg Puff Recipe

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 10 large eggs
- 1/2 cup all-purpose flour
- 1 teaspoon aluminum-free baking powder
- 1/2 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.



### 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