Prep Time: 15 minutes
Cook Time: 35-40 minutes
Total Time: 50-55 minutes
Servings: 6 generous portions
Difficulty: Easy

Table of Contents

- Ingredients
  - For the Egg Bake:
  - Optional Add-ins:
  - Equipment Needed:
- Instructions
  - Step 1: Preheat and Prepare (5 minutes)
  - Step 2: Prepare the Vegetables (5 minutes)
  - Step 3: Sauté the Aromatics (5 minutes)
  - Step 4: Whisk the Egg Mixture (5 minutes)
  - Step 5: Combine Everything (2 minutes)
  - Step 6: Top and Bake (35-40 minutes)
  - Step 7: Rest and Serve (10 minutes)
- Cooking Time and Intensity Guide
- Storage and Make-Ahead Instructions
- Nutrition Information (Per Serving)

Ingredients

For the Egg Bake:

- 8 large eggs
- 1½ cups (12 oz) low-fat cottage cheese (4% milkfat recommended for best texture)
- 1 cup shredded mozzarella cheese (divided)
- ½ cup grated Parmesan cheese
- 1 medium red bell pepper, diced (about 1 cup)
- 1 medium green bell pepper, diced (about 1 cup)
- 1 small yellow onion, finely diced (about ½ cup)
- 2 cups fresh baby spinach, roughly chopped
- 2 cloves garlic, minced
- ¼ cup whole milk or half-and-half
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano

- ¼ teaspoon red pepper flakes (optional, for heat)
- 2 tablespoons fresh chives or green onions, chopped (for garnish)

Optional Add-ins:

- 4 strips cooked bacon, crumbled
- ½ cup diced ham
- ½ cup sliced mushrooms
- 1 diced tomato (seeds removed)

Equipment Needed:

- 9×13 inch baking dish
- Large mixing bowl
- Whisk
- Non-stick cooking spray or butter for greasing

- Cutting board and knife
- Measuring cups and spoons
- Rubber spatula

Instructions

Step 1: Preheat and Prepare (5 minutes)

Preheat your oven to 350°F (175°C). Position the rack in the center of the oven. Generously grease a 9×13 inch baking dish with non-stick cooking spray or butter. This prevents sticking and ensures easy cleanup.

Step 2: Prepare the Vegetables (5 minutes)

Wash and dice the red and green bell peppers into small, uniform pieces. Finely dice the onion. Mince the garlic cloves. Roughly chop the fresh spinach, removing any thick stems. If using mushrooms or tomatoes, prepare them now. Keeping the pieces relatively small ensures even cooking and distribution throughout the bake.

Step 3: Sauté the Aromatics (5 minutes)

Heat one tablespoon of olive oil in a medium skillet over medium heat (setting 5-6 on a scale of 1-10) . Add the diced onion and bell peppers. Sauté for 3-4 minutes until the vegetables begin to soften and the onion becomes translucent. Add the minced garlic and cook for an additional 30 seconds until fragrant. Add the spinach and cook for 1-2 minutes until wilted. Remove from heat and set aside to cool slightly. This step removes excess moisture from the

vegetables, preventing a soggy bake.

Step 4: Whisk the Egg Mixture (5 minutes)

In a large mixing bowl, crack the 8 eggs and whisk vigorously for about 1 minute until the yolks and whites are fully combined and slightly frothy. Add the cottage cheese, milk, salt, black pepper, oregano, and red pepper flakes (if using). Whisk until smooth and well incorporated. The cottage cheese will remain slightly textured, which adds a pleasant creaminess to the final dish. Stir in ½ cup of the shredded mozzarella and all of the Parmesan cheese.

Step 5: Combine Everything (2 minutes)

Add the sautéed vegetables to the egg mixture and stir gently with a rubber spatula until evenly distributed. If using bacon, ham, or mushrooms, fold them in now. Pour the entire mixture into the prepared baking dish, spreading it evenly with the spatula.

Step 6: Top and Bake (35-40 minutes)

Sprinkle the remaining ½ cup of shredded mozzarella cheese evenly over the top of the egg mixture. Transfer the dish to the preheated oven and bake at 350°F (175°C) for 35-40 minutes, or until the center is set and no longer jiggles when the dish is gently shaken. The top should be golden brown and slightly puffed. If the top browns too quickly, cover loosely with aluminum foil after 25 minutes.

Step 7: Rest and Serve (10 minutes)

Remove the bake from the oven and let it rest for 10 minutes before slicing. This allows the eggs to set fully and makes serving easier. Garnish with fresh chopped chives or green onions. Cut into 6 equal portions and serve warm.

Cooking Time and Intensity Guide

Phase	Time	Heat Intensity
Vegetable sauté	5 minutes	Medium (5-6/10)
Egg whisking	2-5 minutes	N/A
Baking	35-40 minutes	350°F (175°C)
Resting	10 minutes	N/A

Total Active Time: 15-20 minutes
Total Passive Time: 35-40 minutes

Storage and Make-Ahead Instructions

Refrigeration: Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat individual portions in the microwave for 60-90 seconds or in a 350°F oven for 10 minutes.

Freezing: This bake freezes beautifully. Cool completely, then wrap individual portions tightly in plastic wrap and aluminum foil. Freeze for up to 2 months. Thaw overnight in the refrigerator before reheating.

Make-Ahead: Prepare the entire bake the night before, cover, and refrigerate unbaked. Add 5-10 minutes to the baking time when cooking from cold.

Nutrition Information (Per Serving)

Based on 6 servings, using low-fat cottage cheese and mozzarella, without optional add-ins.

- Calories: 285 kcal
- Total Fat: 14g
- Saturated Fat: 7g
- Cholesterol: 275mg
- Sodium: 720mg
- Total Carbohydrates: 8g
- Dietary Fiber: 1g
- Total Sugars: 4g
- Protein: 28g