- Prep Time: 10 minutes
- Bake Time: 40 minutes
- Resting/Cooling Time: 10 minutes
- Total Time: 1 hour
- Skill Level: Beginner
- Thermal Intensity: Medium (375°F / 190°C)
- Yield: 6 large, satisfying portions

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Equipment Required

- 9×13-inch glass or ceramic baking dish
- High-speed blender or immersion blender (optional, for a ultra-smooth texture)
- Large mixing bowl and heavy-duty wire whisk
- Rubber spatula
- Measuring cups and spoons

Ingredients List

Core Egg & Dairy Base

- 12 Large Eggs (at room temperature)
- 2 cups (16 oz / 450g) Cottage Cheese (4% full-fat or 2% low-fat recommended for maximum creaminess)
- 1 cup (100g) Sharp Cheddar Cheese or Monterey Jack (shredded)
- 1/4 cup (28g) Parmesan Cheese (grated or finely shaved)

Veggies & Aromatics

- 2 cups Fresh Baby Spinach (coarsely chopped)
- 1 cup Cremini or White Mushrooms (sliced and pre-sautéed)
- 1/2 cup Green Onions or Yellow Onion (finely diced)
- 1 tbsp Unsalted Butter or Extra Virgin Olive Oil (for sautéing and greasing)

Seasonings

- 1/2 tsp Kosher Salt
- 1/2 tsp Freshly Cracked Black Pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika

Thermal Intensities & Time Phases

Managing temperatures correctly ensures a light, moist slice rather than a rubbery or watery consistency.

Cooking Phase	Temperature / Heat	Time Duration	Visual & Physical Cue
1. Veggie Pre-Sauté	Medium Heat (350°F / 175°C stove)	4–5 Minutes	Mushrooms softened, spinach wilted and moisture evaporated.
2. Baking Phase (Uncovered)	Medium Oven Heat (375°F / 190°C)	35–40 Minutes	Center is set with a minor golden crust on edges.
3. Tent Phase (Optional)	Low/Residual Heat (375°F / 190°C)	5 Minutes (if top browning fast)	Protects top from burning while middle finishes setting.
4. Resting Phase	Room Temperature (Cooling rack)	10–15 Minutes	Casserole settles and firms up for clean, non-messy slicing.

Step-by-Step Cooking Instructions

1.Prep the Equipment & Preheat the Oven:Thermal Target: 375°F (190°C).

Set your oven rack to the middle position and preheat to 375°F (190°C). Liberally grease a 9×13-inch baking dish using butter or non-stick olive oil spray.

2.Sauté the Veggies:Stovetop: Medium Heat | 5 Minutes.

Melt 1 tablespoon of butter in a skillet over medium heat. Add the sliced mushrooms and onions, cooking for 3–4 minutes until softened. Stir in the chopped spinach until wilted (1 minute). Remove from heat, drain any excess liquid, and set aside to cool.

3.Blend or Whisk the Egg Base:Mixing Phase | 3 Minutes.

Method A (Smooth Texture): Add whole eggs, cottage cheese, garlic powder, paprika, salt, and black pepper to a blender. Blend on low for 15 seconds until completely smooth.

Method B (Rustic Texture): In a large mixing bowl, whisk the eggs vigorously until light and bubbly, then fold in the unblended cottage cheese and seasonings with a spatula.

4.Assemble the Casserole:Assembly Phase | 2 Minutes.

Pour the egg and cottage cheese base into your prepared baking dish. Stir in the shredded cheddar cheese, parmesan, and cooled sautéed vegetables, ensuring they are evenly distributed throughout the mixture.

5.Bake to Perfection:Bake Duration: 35–40 Minutes.

Place the dish on the middle rack. Bake uncovered at 375°F (190°C) for 35 to 40 minutes. The egg bake is done when the edges are lightly golden brown and the center is set (it should not jiggle when the dish is gently shaken).

6.Rest, Slice, & Serve:Cooling Phase: 10–15 Minutes.

Remove from the oven and let rest on a wire rack for 10 to 15 minutes. This resting window allows the steam inside to settle, making it easy to slice into 6 clean, uniform squares. Garnish with freshly chopped green onions or parsley.

Pro Tips for Website Readers & Home Cooks

1. Avoid Watery Eggs: Vegetables like mushrooms and spinach hold a significant amount of water. Pre-sautéing and draining them prevents your egg bake from becoming soggy at the bottom.

2. Blend vs. Whole Curd: If you dislike the curd texture of cottage cheese, running it through a blender with the eggs turns it into a silky, custardy base reminiscent of French quiche.

3. Storage & Reheating:

    - Refrigeration: Store sliced portions in an airtight container for up to 5 days.

    - Microwave: Heat 1 slice on a paper-towel-lined plate for 60 to 90 seconds.

- Air Fryer: Reheat at 300°F (150°C) for 6–8 minutes for crisp edges.

Nutritional Profile

Values calculated per serving (1/6th of total batch / approximately 1 piece) using standard whole milk cottage cheese and whole large eggs.

Macro / Micronutrient	Amount Per Serving	% Daily Value (DV)
Calories	280 kcal	14%
Total Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Total Sugars	3 g	—
Protein	23 g	46%
Total Fat	19 g	24%
Saturated Fat	8 g	40%
Trans Fat	0.1 g	—
Cholesterol	360 mg	120%
Sodium	618 mg	27%
Potassium	424 mg	9%
Calcium	244 mg	19%
Vitamin A	1816 IU	36%
Iron	2 mg	11%