

- Prep Time: 20 minutes
- Cook Time: 45 minutes
- Total Time: 65 minutes
- Difficulty Intensity: Low-Medium
- Recipe Yield: 6 hearty servings
- Cuisine Style: Healthy Western Comfort / Casserole

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Equipment Needed

- 9×13-inch (or equivalent 3-quart) Casserole Baking Dish
- Large Chef's Knife & Heavy Cutting Board
- Large Skillet or Dutch Oven (for sautéing and wilting vegetables)
- Large Mixing Bowl & Whisk
- Cheese Grater

Ingredients

The Vegetable Base

- 1 medium Head Green Cabbage (approx. 1.5 to 2 lbs), cored and thinly shredded
- 2 medium Carrots, peeled and coarse-grated
- 1 large Yellow Onion, thinly sliced

- 1 Red Bell Pepper, diced
- 2 cloves Garlic, minced or finely crushed
- 2 tbsp Extra-Virgin Olive Oil (or unsalted butter)

The Savory Binder & Seasonings

- 4 large Eggs, room temperature
- 1/2 cup Milk (Whole milk, heavy cream, or unsweetened almond milk)
- 1/2 cup Sour Cream or Greek Yogurt
- 1 tsp Smoked Paprika
- 1/2 tsp Dried Oregano
- 1/2 tsp Garlic Powder
- 1 tsp Sea Salt (adjust to preference)
- 1/2 tsp Freshly Cracked Black Pepper

The Golden Cheese Topping

- 1 cup Shredded Sharp Cheddar Cheese
- 1/2 cup Shredded Mozzarella Cheese
- 2 tbsp Fresh Parsley or Chives, finely chopped for garnish

Step-by-Step Instructions

Step 1: Prep & Heat

Preheat your oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish with non-stick cooking spray or a drop of olive oil, spreading it evenly across the bottom and sides.

Step 2: Sauté and Soften the Aromatics

Place a large skillet or Dutch oven over medium heat and add 2 tablespoons of olive oil. Once hot, add the sliced yellow onion and diced red bell pepper. Sauté for 3 to 4 minutes until the onions turn translucent and soft. Stir in the minced garlic and cook for another 60 seconds until fragrant.

Step 3: Sweat the Cabbage and Carrots

Add the grated carrots and thinly shredded cabbage to the skillet in batches. Season with half of the salt and black pepper. Stir frequently over medium-high heat for about 6 to 8 minutes.

Chef's Tip: Sautéing the cabbage briefly before baking removes excess moisture and wilts the leaves slightly, preventing a watery casserole and enhancing the natural sweetness of

the cabbage.

Remove the skillet from heat and let the vegetable mixture cool slightly for 5 minutes.

Step 4: Whisk the Savory Egg Binder

In a large mixing bowl, combine the eggs, milk, sour cream, smoked paprika, dried oregano, garlic powder, remaining salt, and black pepper. Whisk vigorously until smooth and fully combined.

Step 5: Combine and Layer

Transfer the cooked vegetable mixture into your prepared baking dish, spreading it out into an even layer. Pour the whisked egg mixture evenly all over the vegetables. Use a spatula to gently press down on the mixture, ensuring the liquids seep into every layer.

Step 6: Add the Cheese & Bake

Sprinkle the shredded Cheddar and Mozzarella cheese in a uniform layer across the top.

Place the baking dish on the middle rack of your preheated oven and bake at 375°F (190°C) for 30 to 35 minutes. The casserole is done when the eggs are fully set in the center, the edges are bubbling, and the cheese top is melted and golden brown.

Step 7: Rest and Garnish

Remove the bake from the oven and allow it to rest at room temperature for 10 minutes before slicing. This brief rest period lets the layers set so you get clean, beautiful slices. Garnish with fresh chopped parsley or chives before serving.

Expert Cooking Tips & Variations

- **Add Extra Protein:** Turn this side bake into a complete meal by adding cooked ground turkey, diced ham, crispy bacon, or browned sausage directly into the vegetable layer before baking.
- **Make it Dairy-Free:** Substitute the milk with unsweetened oat or almond milk, use a plant-based sour cream alternative, and top with your favorite dairy-free melting cheese.
- **Spice Adjustment:** If you enjoy a kick of heat, add a pinch of red pepper flakes or a dash of hot sauce directly into the egg custard mixture.

Storage and Reheating Instructions

- **To Store:** Allow leftover bake to cool completely. Cover the dish tightly with foil or transfer individual portions to airtight containers. Refrigerate for up to 4 days.
- **To Reheat (Oven):** Cover individual portions with foil and heat in a 350°F (175°C) oven for 10 to 15 minutes until warm throughout.
- **To Reheat (Microwave):** Heat individual slices on medium power for 1.5 to 2 minutes.

Nutritional Information

(Estimated values based on 1 slice out of 6 total servings)

Metric	Amount Per Serving
Calories	235 kcal
Total Fat	16 g
<i>Saturated Fat</i>	<i>7 g</i>
Cholesterol	145 mg
Sodium	520 mg
Total Carbohydrates	11 g
<i>Dietary Fiber</i>	<i>3.5 g</i>
<i>Sugars</i>	<i>5.5 g</i>
Protein	12 g
Vitamin A	70% DV
Vitamin C	85% DV
Calcium	220 mg