

High-Protein Veggie Cheese Bake: My Go-To Healthy Meal

High-Protein Veggie Cheese Bake



OVEN
375°F

TIME
30-35 min

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INGREDIENTS

Main Ingredients:

2 cups cottage cheese

3 large eggs

1/4 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon black pepper

Vegetables & Flavor:

1 cup chopped spinach

1/2 cup chopped bell pepper

1/4 cup chopped red onion

1/2 cup shredded cheddar cheese

1 clove garlic, minced

1/2 teaspoon dried oregano

1/4 teaspoon red pepper flakes (optional, for a kick)

Swaps and Notes:

Cottage Cheese: I prefer to use a full-fat cottage cheese for the richest flavor, but low-fat or fat-free varieties also work perfectly well.

Vegetables: This recipe is a great canvas! You can swap out the spinach, bell pepper, and onion for other veggies you love. Sautéed mushrooms, chopped broccoli, or even some zucchini would be delicious.

Cheese: Cheddar cheese is a classic, but you can also use Monterey Jack, mozzarella, or a feta cheese for a different flavor profile.

Seasoning: The oregano and red pepper flakes add a great, savory flavor. Feel free to adjust the seasonings to your liking.

Step-by-Step Instructions:

Preheat the Oven: Preheat your oven to 375°F (190°C). Grease an 8x8-inch baking dish.

Mix the Base: In a large bowl, whisk together the cottage cheese, eggs, all-purpose flour, salt, and black pepper until well combined.

Add the Vegetables & Flavor: Stir in the chopped spinach, bell pepper, red onion, minced garlic, dried oregano, and red pepper flakes (if using).

Add the Cheese: Fold in the shredded cheddar cheese, reserving a small amount to sprinkle on top.

Pour into Dish: Pour the mixture into your prepared baking dish and spread it into an even layer.

Sprinkle the reserved cheese over the top.

Bake: Bake for 30-35 minutes, or until the center is set and the top is golden brown and bubbly.

Cool and Serve: Let the bake cool for a few minutes before slicing and serving. This helps it hold its shape.

Tips for Success:

Use a Food Processor for the Base: If you prefer a smoother texture, you can blend the cottage cheese, eggs, and flour in a food processor before adding the vegetables.

Squeeze the Spinach: If you're using frozen spinach, be sure to thaw it and squeeze out all the excess water before adding it to the mixture. This prevents the bake from becoming watery.

Don't Overbake: The bake is done when the center is set. Overbaking can make it dry.

Embrace the Customization: This is a fantastic "use what you have" recipe. Don't be afraid to add your favorite ingredients!

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 250 kcal

DIRECTIONS

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12. **Serving Suggestions and Pairings:** This High-Protein Veggie Cheese Bake is a complete meal on its own. It's fantastic for a hearty breakfast or brunch. You could serve it with a side of fresh fruit or a simple green salad for a light dinner. It also pairs beautifully with other savory meals like this Mexican Chicken and Rice Casserole for a complete spread.
13. **Nutritional Information (per serving, approximate):**
Calories: 250 kcal
14. **Carbohydrates:** 10g
15. **Protein:** 25g
16. **Fat:** 12g
17. **Saturated : Fat:** 6g
18. **Cholesterol:** 150mg
19. **Sodium:** 600mg
20. **Fiber:** 2g
21. **Sugar:** 4g
22. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. **Storage and Leftover Tips:** This bake is perfect for meal prep! You can store it in an airtight container in the refrigerator for up to 4 days. To reheat, you can warm individual slices in the microwave or place them in a toaster oven to get the top crispy again.
24. **More Recipes You'll Love:** If you appreciate healthy, easy, and satisfying meals, you might also like these other recipes:
25. **This :** One-Pan Breakfast Bake will make you skip

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/high-protein-veggie-cheese-bake-my-go-to-healthy-meal/>