

## Baked Cottage Cheese Eggs: A High-Protein Breakfast You'll Want on Repeat

1/4 cup grated Parmesan cheese



**OVEN**  
**375°F**

**TIME**  
**20 to 25 min**

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**SAVE**  
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### INGREDIENTS

6 large eggs  
1 cup cottage cheese  
1/4 cup grated Parmesan cheese  
1/4 cup chopped spinach or kale, optional  
1 clove garlic, minced, optional  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 tablespoon butter or nonstick spray, for greasing the baking dish  
Optional Add-Ins:  
1/4 cup diced onion or bell peppers  
Cooked and crumbled bacon or sausage

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F (190°C). Grease a small baking dish or a few ramekins with butter or nonstick spray.
2. Prepare the egg mixture: In a medium mixing bowl, whisk the eggs until fully combined. Stir in the cottage cheese, Parmesan cheese, chopped spinach or kale if using, garlic if using, salt, and black pepper. Add in any extra mix-ins like diced onion, bell peppers, bacon, or sausage.
3. Bake: Pour the mixture into the prepared baking dish, or divide it evenly among ramekins for individual servings. Bake for 20 to 25 minutes, until the eggs are set and the top is lightly golden.
4. Serve: Let the baked eggs cool for a minute or two before serving. Spoon onto plates or enjoy straight from the ramekins.

### SWAPS & NOTES

Cottage cheese is the star here, so I recommend using one you already know you enjoy.

Small curd works especially well if you want a smoother texture, but any variety will bake up nicely.

Parmesan adds a concentrated savory flavor, though shredded cheddar, mozzarella, or feta could work if you want a different spin.

Spinach and kale are easy ways to add color and a little nutrition, but you can leave them out if you want a more classic baked egg dish.

### TIPS FOR SUCCESS

Whisk the eggs well before adding the other ingredients.

That helps create an even texture throughout the dish and keeps the cottage cheese nicely distributed.

The eggs should be set but still tender.

Pulling them out once the center is just cooked through will help keep them soft instead of rubbery.

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

Original recipe: <https://chefmaniac.com/baked-cottage-cheese-eggs-a-high-protein-breakfast-youll-want-on-repeat/>