

Easy High-Protein Vegetable Casserole with Cottage Cheese

High-Protein Veggie Bake with Cottage Cheese



OVEN
375°F

TIME
2 to 3 min

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INGREDIENTS

- 2 cups broccoli florets
- 1 cup chopped bell peppers, mixed red and yellow
- 1 cup diced zucchini
- 1 cup baby spinach
- 1 cup cottage cheese
- 2 large eggs
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Cooking spray or olive oil, for greasing

DIRECTIONS

1. Preheat your oven to 375°F and lightly grease a baking dish with cooking spray or olive oil.
2. Steam or lightly blanch the broccoli for 2 to 3 minutes so it begins to soften. Drain well.
3. In a large mixing bowl, whisk together the cottage cheese and eggs until mostly smooth.
4. Stir in the mozzarella, Parmesan, garlic powder, onion powder, salt, black pepper, oregano, and basil.
5. Fold in the broccoli, chopped bell peppers, diced zucchini, and baby spinach. Mix until the vegetables are evenly coated.
6. Transfer the mixture to the prepared baking dish and spread it into an even layer.
7. Bake for 30 to 35 minutes, or until the center is set and the top is lightly golden.
8. Let it rest for 5 to 10 minutes before slicing and serving.
9. The resting time helps the bake firm up, which makes it much easier to cut into neat portions.

SWAPS & NOTES

This recipe is wonderfully adaptable, which is one reason it works so well for real life cooking.

If you don't have zucchini, try chopped mushrooms or cauliflower.

If you want even more greens, add kale in place of some of the spinach.

You can also use orange or green bell peppers depending on what you have on hand.

TIPS FOR SUCCESS

The biggest key to a great veggie bake is controlling moisture.

Since vegetables naturally release water while baking, it helps to lightly cook the broccoli first and avoid overloading the dish with extra-wet ingredients.

If your zucchini seems especially watery, pat it dry after dicing.

Another helpful tip is to chop the vegetables into similar-sized pieces.

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

Original recipe: <https://chefmaniac.com/easy-high-protein-vegetable-casserole-with-cottage-cheese/>