

Bobbi's Egg and Green Chile Breakfast Casserole

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/green-chile-fries-new-mexico-recipe>

Ingredients:

- 18 eggs
- 1/4 cup cream half and half, or milk, use milk for South Beach Diet
- 16 ounces cottage cheese rinsed and drained well, use low-fat cottage cheese for South Beach
- 4 ounces green chile diced
- 1/4 cup green onions sliced
- 1 can sliced black olives
- 2 cups low-fat cheddar cheese grated
- 1 dash nutmeg optional
- 1 dash lemon zest optional
- 2 teaspoons Spike Seasoning optional
- salt /pepper to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 400 milligrams
4. Fat: 14 grams
5. Protein: 22 grams
6. SaturatedFat: 5 grams
7. Sodium: 510 milligrams
8. Sugar: 3 grams

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