



ZUCCHINI AND GREEN CHILE BREAKFAST CASSEROLE

This recipe makes 4-6 servings

½ cup of cottage cheese, rinsed and drained well (may also use sour cream)

1 medium zucchini, about 8 inches long

2 tsp. olive oil

1 tsp. of Spike seasoning or any seasoning that you would use on eggs

Salt and pepper

1 4-ounce can of diced green chiles

10 eggs, beaten well

1 Tbsp. of cream, half and half, or milk

1 cup of grated sharp cheddar cheese (can use pepper jack for more zing)

Preheat oven to 375 degrees. Spray 7x11 or 8x8 inch casserole pan with nonstick spray. Place cottage cheese in a colander placed in the sink and rinse thoroughly to wash of the “cream” then let drain well.

Wash zucchini, cut lengthwise into fourths, then cut away the inner white part of the zucchini, leaving not over 1/2 inch thickness of white still on the skin. Discard white part and cut remaining zucchini strips crosswise into same size strips.

Pour olive oil into a nonstick sauté pan and sauté zucchini over low heat for 4-5 minutes, seasoning with Spike seasoning, salt and pepper. Add undrained chiles and sauté another 4-5 minutes. (Zucchini should still be pretty firm when you turn off the heat, so be sure you have it on low.)

Layer zucchini/green chile mixture, drained cottage cheese, and cheese into casserole dish. Beat eggs with cream or milk and pour over the ingredients. Use a fork to gently stir so that zucchini/green chile, cottage cheese and cheese are evenly distributed into the egg mixture.

Bake at 375 degrees for 20-25 minutes, or until mixture is set and top is nicely browned.