

FARM GIRL BREAKFAST CASSEROLE

4 eggs
1 ½ c egg beaters
½ c flour
1 t baking powder
2 c (16 oz) Fat Free cottage cheese
1 c Fat Free shredded cheddar cheese (can use reduced fat shredded cheeses if desired)
2 T shredded cheese for topping
½ c sweet onion, chopped
2 pieces bacon, cooked and crumbled

Directions

In large bowl, beat eggs & egg beaters on med high speed for 3 min until light and lemon colored

In separate bowl, combine flour and baking powder

Gradually add flour mixture to egg mixture and mix well

Stir in cottage cheese and 1 c shredded cheese, onion, and bacon

Pour into sprayed 13 x 9 inch baking dish

Bake at 350 ° for 35-40 min

Sprinkle with remaining cheese

Let stand 5 min before serving

8 servings
210 cal
9 g fat
10 g carbs
24 g protein