

Green Chile Eggs

Author: From my friend Linda T (and from her sister Drbbie)

***Carolyn T's
Main Cookbook***

Servings: 5



1. Preheat oven to 350°F.
2. Combine all ingredients and pour into greased square baking pan.
3. Bake for 30-35 minutes, or until a tester comes out clean when inserted in center.
4. Serve with salsa if desired.

6 eggs, beaten

8 ounces monterey jack cheese

4 ounces green chiles, canned, drained

1 cup cottage cheese

1/4 cup butter, melted

1/4 cup flour

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 410 Calories;
30g Fat (65.8% calories from fat); 26g Protein; 9g
Carbohydrate; trace Dietary Fiber; 323mg
Cholesterol; 761mg Sodium. Exchanges: 1/2
Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 Fat;
0 Other Carbohydrates.*