

YIELD: 2 SERVINGS

Toaster Oven Egg Bake

An easy high-protein breakfast for two that's loaded with cottage cheese, eggs, and spicy pepper jack cheese!

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	30 minutes	40 minutes



Ingredients

- 3 large Eggs
- 1/2 cup Cottage Cheese, (low fat), 4 ounces
- 1/2 cup Shredded Pepper Jack Cheese, 2 ounces
- 1/2 small Jalapeño, (about 1 1/2 tablespoons)
- 1/4 cup Canned Corn, drained
- 1/8 teaspoon Fine Sea Salt
- pinch of Black Pepper

Optional Toppings:

- Avocado, sliced
- Salsa
- Fresh Cilantro

Instructions

1. Adjust cooking rack to the bottom placement and preheat toaster oven to 350°F on the BAKE setting.
2. Grease a 7 x 5 baking dish with oil.
3. Beat eggs in a medium bowl. Stir in cottage cheese, shredded cheese, jalapeño, corn, salt, and black pepper.
4. Pour egg mixture into prepared pan.

5. Bake until eggs are set, 25 to 33 minutes. (The cooking time will vary depending on the pan used and your toaster oven. Begin checking on your eggs after 25 minutes, adding more time as needed). You'll know it's ready when the edges are browned, the top is golden all over, and a butter knife inserted in the center comes out clean.
6. Remove from the toaster oven and cool for a few minutes before serving with your favorite toppings.

Notes

To make a larger batch: double the recipe ingredients and bake in an 11 x 7 or 8 x 8 baking dish. Bake as directed above, adding more time as needed.

Nutrition Information: YIELD: 2 SERVING SIZE: 1 Piece

Amount Per Serving: CALORIES: 201 TOTAL FAT: 11.1g

SATURATED FAT: 4.3g CHOLESTEROL: 290mg SODIUM: 414mg

CARBOHYDRATES: 6.5g FIBER: 0.6g SUGAR: 1.5g PROTEIN: 19.6g

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CUISINE: American /

CATEGORY: Toaster Oven Breakfast and Brunch Recipes

<https://toasterovenlove.com/toaster-oven-egg-bake/>