Broccoli and Cottage Cheese Casserole

This recipe blends several cheeses and bakes them with fresh chopped broccoli mixed in. Soft, warm cheese is great comfort food, right? But the resulting casserole is surprisingly low in fat and calories, while providing lots of protein.

The secret is cottage cheese. But you don’t have to tell anyone that!

To make this recipe all your own, throw a handful of your favorite herbs into the cheese mixture before baking this broccoli and cottage cheese casserole.

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**Recipe: Broccoli and Cottage Cheese Casserole**

Author: Adapted from Recipes for Life After Weight-Loss Surgery, Revised and Updated

Recipe type: Lunch, Dinner

Serves: 6 servings

**Ingredients**

* Nonstick cooking spray
* 2 cups water
* 3 cups fresh broccoli florets
* 16 ounces cottage cheese, 1 percent fat, no added salt
* 3⁄4 cup reduced-fat shredded cheddar cheese
* 1 cup diced yellow onion
* 3 egg whites, plus one whole egg, beaten
* 3 tablespoons grated Parmesan cheese

**Instructions**

1. Preheat the oven to 375 degrees F.
2. Coat a 9-inch pie pan or a 7×9-inch casserole dish with cooking spray.
3. In a 1-1⁄2-quart saucepan, bring the water to boil.
4. Boil the broccoli for about 4 minutes, until al dente or still crunchy in the middle.
5. Pour the broccoli into a colander and drain well.
6. In a medium-sized mixing bowl, combine the cottage cheese, cheddar cheese, onion, egg and Parmesan cheese.
7. Stir the broccoli into the cheese mixture.
8. Pour the mixture into the pie pan or baking dish and bake for 35 to 45 minutes, until the center of the casserole is set.
9. Allow the casserole to cool for about 10 minutes before serving.

**Nutrition Information**

Serving size: ¾ cup Calories: 149 Fat: 5.4 grams Carbohydrates: 8 grams Sodium: 230 milligrams Protein: 18 grams

French onion soup with cheddar

1h 4 servings

* 500g onions
* 4 cloves of garlic
* 25g butter
* 100ml apple cider vinegar
* 3 bay leaves
* 4 sprigs of thyme
* 5 juniper berries
* 1,000ml veal stock
* 8-12 slices of day-old French bread
* 3 tbsp oil
* 100g aged cheddar

## **PREPARATION**

Peel the onions and the garlic and cut them into thin slices. Melt the butter in a frying pan and add the onions and garlic. Caramelise the onions slowly over low to medium heat. This will take approximately 30 min. The onions should not be fried, but should cook slowly until golden.

Now add the bay leaves, thyme, juniper berries and apple cider vinegar. Simmer until the vinegar has cooked off. Now add the stock.

Bring the soup to a boil and let it simmer for another 30 min. Season to taste with salt and pepper.

Heat some oil in a pan, then toast the French bread until golden on both sides.

Pour the soup into bowls and press the toasted French bread down into them. Top with grated cheddar. Melt the cheese under the grill in the oven.

Serve immediately.

**Japanese Corn Soup**.

One of our family’s favorites, sweet corn, is in season from June to October. While we spent the summer in Japan, I received a lot of recipe requests for**Corn Potage** and **Japanese Corn Soup**.  As soon as I returned, I quickly refined my original recipe so I could share this late, late-summer soup with you.

As the nights are starting to make subtle shift with a touch of cool air, this Japanese Corn Potage or Corn Soup would be the coziest way to savor the deliciousness of the last of season’s produce.

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As the nights are starting to make subtle shift with a touch of cool air, this Japanese Corn Potage or Corn Soup would be the coziest way to savor the deliciousness of the last of season’s produce.

Some other recipes for corn soup/corn potage recommend using vegetable or chicken broth or bouillon and I’ve tried them, but being a purist I stick to using ONLY water to extract the sweet corn flavor for pure undiluted taste.

#### **Tip 3 – Adjust the ratio of creaminess with milk and heavy cream**

I assume most of us prefer rich and creamy soup, but not everyone can afford getting extra calories from heavy cream. It’s entirely up to you how much heavy cream you want to add in this recipe.  Feel free to adjust the ratio of heavy cream and milk for the 2 cups you add into the soup.

Corn Potage (Japanese Corn Soup)

4.34 from 3 votes

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**Prep Time**

15 mins

**Cook Time**

45 mins

**Total Time**

1 hr

**Course:** Soup

**Servings**: [4](https://www.justonecookbook.com/corn-potage/)

**Ingredients**

* 4 ears corn (or 1.5 cans or 3 cups frozen corn)
* 1 Tbsp extra virgin olive oil
* kosher salt (I used total of 2 Tbsp kosher salt in this recipe)
* ¼ tsp paprika
* ½ onion
* 1 ½ Tbsp unsalted butter
* 3 cups water
* 1 cup milk
* 1 cup heavy (whipping) cream
* Parsley to garnish
* heavy (whipping) cream to garnish
* extra virgin olive oil to garnish

# Roasted beetroot and feta salad

### INGREDIENTS

* 1 medium beetroot
* 50g baby spinach
* 1/2 small red onion, thinly sliced
* 75g feta, crumbled
* 1/4 cup walnuts, lightly toasted
* 2 tablespoons orange juice
* 1 tablespoon olive oil
* 1/2 teaspoon dijon mustard
* Salt and pepper, to season**.**

**Step 1**

Preheat oven to 180°C/160°C fan-forced. Wash beetroot. Pat dry. Wrap in foil. Place on a baking tray. Roast for 1 hour or until tender. Cool for 15 minutes. Meanwhile prepare remaining ingredients. earing gloves, peel and discard skin from beetroot. Cut beetroot into 2cm pieces.

**Step 2**

Combine spinach, onion, feta, walnuts and beetroot in a bowl. Toss to combine.

**Step 3**

Place orange juice, oil and mustard in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine. Add to beetroot mixture. Toss to combine. Serve.

# ROASTED GARLIC & TOMATO LENTIL SALAD

***This Roasted Garlic & Tomato Lentil Salad is the perfect vegan cold lentil salad that everyone will love! With roasted garlic, oven roasted tomatoes and onions, this is one you don’t want to miss.***

You guys are going to love this **Roasted Garlic & Tomato Lentil Salad!**

I had no intention of publishing this recipe today, but I couldn’t stop myself.  It is just that good.

The last few days I’ve been a bit under the weather.

Roasted Garlic & Tomato Lentil Salad

**Prep Time**

15 mins

**Cook Time**

30 mins

**Total Time**

45 mins

This Roasted Garlic & Tomato Lentil Salad is the perfect vegan cold lentil salad that everyone will love! With roasted garlic, oven roasted tomatoes and onions, this is one you don't want to miss.

Course: Salad

Cuisine: American

Servings: [6](https://wendypolisi.com/roasted-garlic-tomato-lentil-salad/)

Calories: 194 kcal

Author: Wendy Polisi

**Ingredients**

* 1 head garlic
* 1 tablespoon [olive oil](http://amzn.to/2h0kGab) divided
* 1 1/2 cups grape tomatoes halved
* 1 cup red onion sliced
* 2 3/4 cups vegetable broth
* 1 cup [green lentils](http://amzn.to/2j6jqqj)
* 1/2 cup diced celery
* 1/2 cup diced red pepper
* 2 tablespoons [extra virgin olive oil](http://amzn.to/2h0kGab)
* 2 tablespoons lemon juice
* 1/4 teaspoon [crushed red pepper](http://amzn.to/2zAXgUe)
* Salt and Pepper to taste

**Instructions**

1. Preheat oven to 375 degrees.
2. Cut top of garlic head and place in foil. Drizzle with 1 teaspoon of oil and close foil around garlic.
3. Line a baking sheet with parchment paper. Arrange tomatoes and onion in a single layer and drizzle with avocado oil. Sprinkle with salt and pepper.
4. Place garlic and tomato mixture in a preheated oven and cook for 25 to 30 minutes, until slightly shriveled.
5. Carefully open garlic and allow to cool. Gently press cloves from garlic head and place in a small bowl, breaking garlic into smaller pieces with the back of a fork.
6. Meanwhile, bring broth to a boil. Add lentils and reduce heat. Simmer, covered, for 25 to 30 minutes, or until tender. Drain and transfer to a bowl.
7. Add garlic, tomatoes, red onion, celery, red pepper to the bowl.
8. Make dressing by combining olive oil, lemon juice, and crushed pepper in a small bowl. Whisk in salt and paper to taste. Toss with lentil mixture and serve.

# PORK SAUSAGE BOXTY WITH POACHED EGG

* 1 tsp Baking Powder
* 4 x Fresh Egg
* 50 ml Milk
* 75 g Plain Flour
* 1 knob SuperValu Butter   
  melted
* 1 tsp SuperValu Salt
* 3 tbsp SuperValu Sunflower Oil
* 1 tbsp Vinegar

#### Method

1. Peel and grate the raw potatoes into a bowl.
2. Turn out onto a cloth and wring over a glass bowl, simply pour off the liquid leaving the starch at the bottom of the bowl.
3. Add the mashed potato and the raw potato in a bowl and add the leftover starch, then sieve in 2oz/50g of the flour with the salt and baking powder.
4. Pour in the melted butter and milk, mix all the ingredients thoroughly.
5. Heat the frying pan and add 1 tbsp sunflower oil.
6. Add the sausages, cooking for 2 minutes on each side, approximately 8 minutes in total, ensuring they are browned all over.
7. Keep on a warmed plate until ready to serve.
8. Knead the boxty, mix lightly on a floured surface (25g flour), then divide the mixture into four and form large, flat cakes.
9. Drizzle 2 tbsps of sunflower oil onto a griddle or heavy based pan and cook for 10 minutes on each side over a moderate heat.

#### Poached Eggs

1. To poach the eggs, bring a pan of water to the boil and add the vinegar.
2. Stir the water for a few seconds and drop the egg into the centre of the pan.
3. Poach the eggs to the required consistency and remove carefully from the water.
4. To serve, place the boxty in the centre of the plate, add the sausages on top then place the poached egg on top and lightly season with salt and pepper.

      Cooking times for poached eggs – very soft 2 minutes, medium 3 minutes, hard 5 minutes.

# GREEN GODDESS REVITALIZATION BOWL WITH HERBED BUCKWHEAT, AVOCADO & MICROGREENS

**This green goddess revitalization bowl with herbed buckwheat, avocado & microgreens is just as satisfying as it is nourishing. Warm, herb-flecked buckwheat salad is paired with a creamy avocado salad. The buckwheat salad can be prepared a few days ahead of time. Just be sure to prepare the avocado salad just before serving for ultimate freshness.**

**Course** Main, Power Bowl, Salad

**Cuisine** American, Gluten-Free, Grain-Free, plant-based, Vegan

**Prep Time** 15 minutes

**Cook Time** 20 minutes

**Total Time** 35 minutes

**Servings** 2 to 3 servings

**Author** Ashley

### **Ingredients**

#### **Herbed Buckwheat**

* 1 cup raw buckwheat groats
* 2 cups boiling water
* 2 cups filtered water
* 2 tablespoons minced fresh cilantro leaves
* 2 tablespoons minced fresh basil leaves
* 1 teaspoon minced flat-leaf parsley leaves or to taste
* 1/2 teaspoon minced fresh mint leaves or to taste
* Sea salt, to taste (I usually add 1/2 teaspoon)
* Freshly ground black pepper, to taste

#### **Avocado-Sprout Salad**

* 1 avocado, pitted, peeled, and diced
* 1 cup (1.25 ounces) microgreens or sprouts
* 1 tablespoon shelled hemp seeds
* 1 tablespoon fresh lemon juice
* 1/2 to 1 teaspoon braggs aminos, tamari, or coconut aminos, to taste (I use 1/2 teaspoon of braggs, which is saltier than the other two)
* Lemon slices, for serving (optional)

### **Instructions**

#### **For the Herbed Buckwheat**

1. In a medium bowl, soak the buckwheat groats in the boiling water for 10 minutes. Strain and rinse the soaked buckwheat with cold water until the water runs clear. This breaks down and removes a gelatinous film on the buckwheat.
2. In a medium sauce pan, combine the rinsed buckwheat and filtered water. Bring to a boil, reduce heat, and simmer, uncovered, for 5 to 7 minutes or until tender. Strain off excess water, rinse the buckwheat with cold water until water runs clear, and press any excess water from the buckwheat. Fluff with a fork and transfer to a large mixing bowl. Add the cilantro, basil, parsley, and mint, and toss to coat. Generously season with sea salt and black pepper.

#### **For the Avocado-Sprout Salad**

1. In a medium mixing bowl, gently toss the avocado, microgreens, hemp seeds, lemon juice, and aminos or tamari until coated.

#### **To Assemble**

1. Divide the herbed buckwheat and avocado-sprout salad between bowls. Garnish with lemon slices for spritzing, if desired. Serve immediately.

**Healthy sandwiches**

These easy sandwich stackers feature layers of sliced avocado, sliced tomato, lettuce, sliced cucumbers, and Swiss cheese.  They're perfect for a summer supper.

A healthier version of the BLT, this sandwich is nutrient-rich. Avocados are fattening, but they provide heart-healthy monounsaturated fat. Avocados are also high in fiber. They can be used as healthy baking and cooking alternatives for butter and shortening.

## Ingredients

* 2 tablespoons fat-free mayonnaise
* 8 (1-ounce) slices whole-grain bread with flaxseed, toasted
* 4 large leaves romaine or Boston lettuce
* 1 large ripe tomato, thinly sliced
* 1 sliced peeled avocado
* 12 very thin slices cucumber
* 4 (.77-ounce) slices reduced-fat, reduced-sodium Swiss cheese (such as Alpine Lace)

## How to Make It

**Step 1**

Spread mayonnaise on the 8 slices of bread.

**Step 2**

Layer 4 slices with 1 lettuce leaf, 1 slice tomato, 1 slice avocado, 3 slices cucumber, and 1 slice cheese; top with remaining bread slices. Cut sandwiches in half diagonally.