



Swiss Chard, Caramelized Onion & Five-Cheese Breakfast Bake

Servings: 8

Start to Finish Time: 1 hour 35 minutes

This low-carb Swiss Chard Egg Bake (with Cottage Cheese) is a delicious way to start the day with a healthy serving of vegetables! This egg bake recipe has extra protein from the cottage cheese, cheesy flavor from both Mozzarella and Feta cheese.

4 cups Swiss chard leaves, chopped (spinach can be substituted)
1 tablespoon olive oil
1 large sweet onion, thinly sliced
2 cloves garlic, minced
2 cups cottage cheese
1/2 cup scallions, sliced
1 cup Gruyere cheese, grated
1/2 cup feta cheese, crumbled
1 cup Mozzarella cheese, grated
12 each eggs
1/2 teaspoon smoked paprika
salt and pepper to taste
1/2 cup Parmesan cheese, shaved
sour cream, to garnish

NOTE: Add sausage, bacon, or plant-based meat (for vegetarians) to add a savory additional layer.

NOTE: Our bunch of Swiss Chard made about 4 cups chopped chard leaves, but you can definitely use more if you have lots of Swiss Chard.

MAKE AHEAD: This recipe can be made ahead and refrigerated for up to 24 hours. Make certain that you remove from refrigerator 30 minutes prior to baking (or add 5-10 minutes to the cooking time).



Spray 9" x 13" casserole dish with non-stick spray. Preheat oven to 375° F.



COOK SWISS CHARD/ONION/GARLIC
(20 minutes):

Stack up the chard leaves and chop them, removing the thick stem parts (or chopping them finely if you prefer to keep them.)

Then give the Swiss Chard a good wash in the salad spinner, using cold water to crisp the greens. (If you don't have a salad spinner, just soak chard in cold water, drain, and dry well with paper towels). The drier the chard, the better the recipe!

Heat olive oil in a large frying pan over medium-high, add the sweet onion and cook slowly, stirring often, until DEEP golden brown, caramelized and "jammy", about 15 minutes.

Add garlic and cook for 30 seconds. Add the chard leaves all at once, and stir-fry until the chard is wilted and barely tender. This only takes about 2 minutes, so don't overcook.

Immediately, spread the barely-wilted chard mixture into the casserole dish.

ASSEMBLE & BAKE (10 minutes):

Put cottage cheese into a fine-mesh colander placed in the sink and rinse with cold water, then drain WELL. The drier the curds, the better the recipe!

Layer the drained cottage cheese over the chard.

Sprinkle with scallions, Gruyere cheese, crumbled Feta and grated Mozzarella.

In a bowl, beat the eggs with smoked paprika, salt & pepper.

Pour beaten eggs over the chard. Use a fork to gently lift (don't stir) the ingredients in about 12-15 spots so the eggs are well distributed

Then sprinkle the Parmesan cheese over the top.

BAKE/REST/SERVE (45 minutes):

Bake about 25 minutes and then increase the temp to 400° F for 10 minutes

Allow to rest for 10 minutes.

Serve with a dollop of sour cream, if desired.

Per Serving (excluding unknown items): 496 Calories; 33g Fat (60.6% calories from fat); 39g Protein; 10g Carbohydrate; 1g Dietary Fiber; 365mg Cholesterol; 1020mg Sodium; 5g Total Sugars; 2mcg Vitamin D; 825mg Calcium; 2mg Iron; 384mg Potassium; 693mg Phosphorus. Exchanges: .