

Chorizo and Cheese Breakfast Casserole

Internet address:

My own concoction, March, 2025



- 1/2 pound chorizo
- 1/2 cup red onion, finely chopped
- 1/2 cup cottage cheese, optional
- 2 1/2 cups Monterey Jack cheese, grated
- 6 large eggs, well beaten
- 1/3 cup half and half
- 1/4 cup cilantro, for garnish

Per Serving (excluding unknown items): 708 Calories; 55g Fat (70.4% calories from fat); 46g Protein; 7g Carbohydrate; trace Dietary Fiber; 365mg Cholesterol; 1234mg Sodium; 4g Total Sugars; 3mcg Vitamin D; 972mg Calcium; 3mg Iron; 400mg Potassium; 768mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. Preheat oven to 350°F. Spray a 9 inch ceramic casserole or pie plate with non-stick spray.
2. Heat a large frying pan over medium-high heat and cook the chorizo until it's almost cooked through. If chorizo has oozed a lot of fat, remove with a spoon and discard. Add red onion and continue to saute over low heat until onion is translucent.
3. Pour the chorizo mixture into the prepared casserole. Sprinkle top evenly with cottage cheese. Add a bit more than half of the grated cheese over the mixture.
4. In a large bowl combine the eggs and whisk until the mixture has no egg streaks. Add salt and pepper to taste, then add half and half and whisk in.
5. Pour egg mixture over the chorizo mixture. Sprinkle the rest of the grated cheese on top.
6. Bake about 35 minutes, or until the eggs are set (not jiggly in the center) and the top is golden brown. Remove from oven and allow to sit about 5 minutes. Sprinkle with cilantro and serve.