

## ***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.*