

Hashbrown Casserole



Serves 6

Ingredients:

- 1 pound ham, cubed
- 1 onion, chopped (or 6 green onions, sliced into rounds)
- 6 eggs
- 1 pound cauliflower, separated into small florets
- 8 ounces cheddar cheese or Monterey Jack cheese, shredded
- 16 ounces cottage cheese, small curd

Instructions:

1. Combine all ingredients in a large mixing bowl, and then transfer to a greased 9 x 13 baking dish.
2. Bake, uncovered, at 350°F for 35 to 40 minutes or until the mixture is set and bubbly.
3. Let stand for 10 minutes before serving.

Nutrition per serving: Calories 452; Total Fat 27.7 g; Saturated Fat 12.5 g; Monounsaturated Fat 8.9 g; Polyunsaturated Fat 2.3 g; Total Carbohydrates 9.1 g; Dietary Fiber 1.8 g; Sugar Alcohols 0.1 g; Sugars 4.9 g; Protein 40.8 g; Sodium 1624 mg