



Broccoli-Cheddar Puff

Prep: 25 minutes plus standing

Bake: 45 minutes • Serves: 12

- Nonstick cooking spray
- 2 medium heads broccoli (about 2½ pounds), cut into 1½-inch florets (about 12 cups)
- 2 tablespoons unsalted butter
- 1 package (8 ounces) sliced white mushrooms (about 3 cups)
- 8 large eggs
- 1½ cups small curd cottage cheese
- 1½ cups whole milk
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- 1½ cups Bisquick® pancake and baking mix
- 1 package (8 ounces) finely shredded white Cheddar cheese (2 cups)

1. Preheat oven to 350°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray. Heat large covered saucepot of salted water to boiling over high heat. Add broccoli and cook 1 minute; drain, rinse under cold water and drain.

2. Meanwhile, in large nonstick skillet, heat butter over medium-high heat. Add mushrooms and cook 5 to 7 minutes or until tender, stirring occasionally.

3. In large bowl, lightly whisk eggs. Stir in cottage cheese, milk, salt and pepper until well combined. Stir in baking mix just until combined; fold in 1 cup Cheddar cheese, broccoli and mushrooms.

4. Pour broccoli mixture into prepared baking dish; sprinkle with remaining 1 cup Cheddar cheese. Bake 45 to 50 minutes or until center is set and internal temperature reaches 145°. Let stand 10 minutes before serving.

Approximate nutritional values per serving:

321 Calories, 17g Fat (10g Saturated), 166mg Cholesterol, 621mg Sodium, 20g Carbohydrates, 3g Fiber, 20g Protein

Chef Tip

You can substitute the fresh broccoli with 2½ pounds frozen broccoli florets. Bake 55 minutes to 1 hour 5 minutes.