Description: Bubble-topped golden cheese meets a tender, garden-fresh medley of broccoli, cauliflower, and bell peppers in this comforting vegetable casserole. Every forkful offers a wonderful contrast between crisp-tender veggies and a rich, creamy, high-protein cheese sauce seasoned with garlic and herbs. Naturally crafted as one of the best low-carb, high-protein comfort foods, this wholesome dish transforms simple vegetables into a satisfying, guilt-free meal.

Can This High-Protein Cheesy Vegetable Casserole Support Weight Loss Goals? Yes, this casserole helps support weight loss by combining high-satiety protein with fiber-rich vegetables that keep you feeling full for hours. Protein requires more energy for your body to digest while helping preserve lean muscle mass during a calorie deficit. By swapping out heavy starches for nutrient-dense cruciferous veggies and protein-packed cheese, you can enjoy a hearty, comforting meal without excess calories.

Does High-Protein Cheesy Vegetable Casserole Fit a High-Protein Lifestyle? Absolutely, this dish is tailored for a high-protein lifestyle by blending blended cottage cheese, eggs, and sharp cheddar into a rich, protein-boosted custard sauce. With approximately 14 grams of protein and only 5 grams of net carbs per serving, it fuels your body with essential nutrients without heavy carbohydrates. The inclusion of wholesome dairy and fibrous vegetables ensures it seamlessly satisfies macro goals for both low-carb and fitness-focused routines.

My Personal Experience

- Steaming the Veggies First: Par-boiling or steaming the broccoli and cauliflower florets for just three minutes removes excess moisture so the casserole never turns watery. If you skip this step, trapped water releases during baking and dilutes the creamy cheese sauce.

- Blending the Cottage Cheese: Whishing or blending the cottage cheese smooth before mixing it with the eggs creates a silky, velvety texture without any visible curds. This sneaky culinary trick packs a massive protein punch while keeping the sauce rich and creamy.

Perfect For:

- High-Protein Dinners: A comforting, satisfying main course that feeds the whole family while keeping macros in check.
- Low-Carb & Keto Diet Plans: Formulated with low-starch vegetables and high-fat, high-protein dairy to stay within strict daily carb limits.
- Meal Prep Sundays: Bakes ahead effortlessly and reheats beautifully throughout the busy workweek for quick lunches.
- Vegetarian Protein Boosts: Provides a substantial amount of muscle-supporting protein without relying on meat or heavy protein powders.
- Holiday Side Dish Spreads: A crowd-pleasing, cheesy casserole that makes a stellar low-carb side dish for family gatherings.

Why You'll Love This Recipe:

- Hidden Protein Power: Blended cottage cheese and eggs create an ultra-rich sauce that delivers serious protein power without altering the classic cheesy flavor.
- One-Dish Comfort: Everything bakes together in a single baking dish, meaning fewer dishes to wash and maximum cozy flavor melded into every bite.

Common Mistakes to Avoid:

- Using Watery, Uncooked Vegetables: Tossing raw frozen or fresh vegetables straight into the casserole without draining them will release excess liquid as it bakes, turning your sauce runny.
- Overbaking the Casserole: Leaving the dish in the oven too long can cause the eggs and cheese sauce to curdle or separate, resulting in a grainy texture.
- Skipping the Resting Time: Cutting into the casserole immediately straight out of the oven causes it to collapse and slide apart; let it rest for 10 minutes to set properly.

- Skipping Seasoning the Veggies: Forgetting to season the vegetables with salt and pepper before mixing in the cheese sauce leaves the inner layers tasting bland.

Required Equipment:

- 9×13-Inch Glass Baking Dish — provides even heat distribution and a non-reactive surface for cheesy bakes.
- Immersion Blender or Food Processor — purees cottage cheese into a completely smooth, creamy base.
- Large Mixing Bowl — offers plenty of room to toss the vegetables and liquid ingredients together evenly.
- Whisk — blends eggs, spices, and cheese sauce smoothly without lumps.
- Rubber Spatula — scrapes every last bit of the protein-rich cheese sauce out of the bowl into the casserole dish.

Storage Instructions: Store leftover casserole in an airtight glass or BPA-free container in the refrigerator for up to 4 days, ensuring it retains its high-protein freshness. For longer storage, slice into individual portions and freeze in freezer-safe containers for up to 2 months. Thaw overnight in the refrigerator before reheating thoroughly.

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Recipe Details

- Preparation Time: 20 minutes
- Cooking Time: 35 minutes
- Total Time: 55 minutes
- Servings: 8 servings (1 generous square per serving)
- Best Season for This Recipe: All-season (cozy and warm for winter, yet light enough with fresh veggies for summer dinner spreads)
- Total Calories (Per Serving): 210 kcal *(approximate estimate)*

This wholesome High-Protein Cheesy Vegetable Casserole features tender broccoli and cauliflower coated in a rich, velvety cheese sauce powered by eggs and blended cottage cheese. Ready in under an hour, it delivers 14 grams of protein and only 5 grams of net carbs per serving. Bake a batch for an effortless, comforting meal that satisfies your cravings while supporting your wellness goals.

 Ingredients:

- 4 cups (400g) broccoli florets *(cut into bite-sized pieces)*
- 4 cups (400g) cauliflower florets *(cut into bite-sized pieces)*
- 1 cup (226g) low-fat cottage cheese *(blended until completely smooth for a high-protein base)*
- 3 large eggs *(helps bind the casserole together as it bakes)*
- 1 ½ cups (170g) sharp cheddar cheese *(shredded, divided use)*
- ¼ cup (60ml) unsweetened almond milk or dairy milk *(thins out the cheese sauce*

slightly)

- 1 teaspoon garlic powder *(adds savory depth)*
- 1 teaspoon onion powder *(enhances overall flavor)*
- ½ teaspoon salt *(adjust to taste)*
- ¼ teaspoon black pepper *(freshly cracked)*

Directions:

1. Preheat and Prep: Preheat your oven to 375°F (190°C) and lightly grease a 9×13-inch glass baking dish with cooking spray.
2. Steam the Veggies: Place the broccoli and cauliflower florets in a steamer basket over boiling water, cover, and steam for 3 to 4 minutes until just crisp-tender and vibrant green, then drain thoroughly.
3. Blend the Protein Sauce: In a food processor or using an immersion blender, blend the cottage cheese until completely smooth and creamy with no remaining curds.
4. Mix Wet Ingredients: In a large mixing bowl, whisk together the blended cottage cheese, eggs, almond milk, garlic powder, onion powder, salt, black pepper, and 1 cup of the shredded cheddar cheese until well combined.
5. Combine Veggies and Sauce: Gently fold the drained broccoli and cauliflower into the cheese mixture until every floret is evenly coated.
6. Assemble and Top: Transfer the mixture into the prepared 9×13-inch baking dish, spreading it into an even layer, and sprinkle the remaining ½ cup of cheddar cheese evenly across the top.
7. Bake to Golden Perfection: Bake uncovered at 375°F (190°C) for 30 to 35 minutes, until the cheese is melted, bubbling around the edges, and the center is set.
8. Rest and Serve: Remove from the oven and let rest for 10 minutes before slicing into 8

equal portions.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 11.5g
- Cholesterol: 115mg
- Sodium: 380mg
- Potassium: 310mg
- Total Carbohydrates: 8g
- Fiber: 3g
- Net Carbs: 5g
- Sugars: 3g
- Protein: 14g
- Calcium: 240mg

Notes:

- Storage Tips: Keep leftovers tightly covered in the refrigerator for up to 4 days.
- Reheating Instructions: Reheat individual portions in the microwave for 60 to 90 seconds, or bake covered at 350°F (175°C) for 15 minutes until heated through.
- Allergy Notes: Contains dairy and eggs; can be made nut-free by using dairy milk instead

of almond milk, and vegetarian-friendly by ensuring your cheese uses microbial rennet.

- Flavor Boosts: Stir in ¼ teaspoon of smoked paprika or fold in ½ cup of cooked, diced chicken breast for an even bigger protein boost.