

# Triple-Cheese Broccoli Puff

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## Servings: 8

*1 cup sliced fresh mushrooms*  
*1 tablespoon butter*  
*3 ounces cream cheese, softened*  
*6 large eggs*  
*1 cup 2% milk*  
*3/4 cup biscuit/baking mix*  
*3 cups frozen chopped broccoli, thawed*  
*2 cups shredded Monterey Jack cheese*  
*1 cup 4% cottage cheese*  
*1/4 teaspoon salt*

## Preparation Time: 15 minutes

### Bake Time: 50 minutes

Preheat the oven to 350 degrees.

In a skillet, saute' the mushrooms in butter until tender. Set aside.

In a large bowl, beat the cream cheese, eggs, milk and biscuit mix just until combined. Stir in the broccoli, cheeses, salt and mushrooms.

Pour into a greased round 2-1/2-quart baking dish.

Bake, uncovered, until a thermometer reads 160 degrees, 50 to 60 minutes.

Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 243 Calories; 18g Fat (66.4% calories from fat); 15g Protein; 5g Carbohydrate; 2g Dietary Fiber; 202mg Cholesterol; 346mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.