

Ham and Corn Frittata

Breakfast/Brunch July 2014



Love hearty breakfasts? Whip up a frittata. You just mix the eggs and all the extras, like cheese and veggies, and cook them in a skillet.

Prep Time: 10 Min

Start to Finish: 30 Min

Makes: 6 servings

INGREDIENTS

- 8 eggs
- 1/2 cup diced provolone or mozzarella cheese (2 oz.)
- 1/2 cup frozen corn
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup diced cooked ham (2 oz.)
- 1 tablespoon butter or margarine

DIRECTIONS

1. In medium bowl, beat all ingredients except ham and butter with fork or wire whisk until well mixed. Stir in ham.
2. In 10-inch nonstick skillet, melt butter over medium-low heat. Pour egg mixture into skillet. Cover; cook 14 to 17 minutes on low to medium low or until eggs are set in center and light brown on bottom. Turn upside down onto serving plate.

Recipe Provides: Meat & Beans 2oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	180	Calories from Fat:	110
Total Fat:	13 g	Saturated Fat:	5 g	Trans fat :	0 g
Cholesterol:	300 mg	Sodium:	280 mg	Total Carbohydrate:	4 g
Dietary Fiber:	0 g	Sugars:	1 g	Protein:	14 g



This recipe is adapted from WWW.eatbetterearly.com