

Hickory Ham and Potato Frittata

Recipe of the Month April - 2015



Using reduced-fat sharp Cheddar cheese allows you to use less and still get a nice cheesy flavor in this gluten-free dish.

Prep Time: 30 Min

Start to Finish: 30 Min

Makes: 4 servings

INGREDIENTS

1/2 cup finely chopped 97%-fat-free hickory-smoked ham (about 4 oz.)
2 cups chopped red potatoes (3/4 lb.)
2 medium onions, chopped (1 cup)
1/2 medium green bell pepper, chopped (1/2 cup)
3/4 cup fat-free (skim) milk
1 1/4 cups fat-free cholesterol-free egg product or 3 whole eggs plus 3 egg whites, lightly beaten
1/4 teaspoon pepper
1/2 cup shredded reduced-fat sharp Cheddar cheese (2 oz.)

DIRECTIONS

1. Heat 10-inch nonstick skillet over high heat. Reduce heat to medium-high. Add ham; cook 2 to 3 minutes, stirring frequently, until lightly browned. Remove ham from skillet; cover to keep warm.
2. To same skillet, place potatoes, onions, bell pepper and 1/2 cup of the milk. Heat to boiling. Reduce heat to medium; cover tightly and simmer 5 to 6 minutes or just until potatoes are tender.
3. Meanwhile, in small bowl, mix eggs and egg whites, the remaining 1/4 cup milk, the salt and pepper until well blended. Stir ham and egg mixture into potato mixture. Reduce heat to medium-low; cover and cook without stirring for 10 minutes.
4. Remove skillet from heat; remove cover (eggs will not appear completely cooked). Sprinkle cheese over top. Let stand 2 to 3 minutes or until egg mixture is set and cheese is melted. Cut into wedges to serve.

Recipe Provides: Dairy 1/2c, Meat & Beans 2oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	2 ½ g	Saturated Fat:	1 g
Calories:	200	Calories from Fat:	25	Carbohydrates:	23 g
Cholesterol:	15 mg	Dietary Fiber:	3 g	Sodium:	550 mg
Sugars:	6 g	Protein:	20 g		



Recipe adapted from www.eatbetterearly.com