

Skillet Frittata

Serves 6

- 3 ½ cups of potatoes, sliced or 2 cans potatoes, drained, sliced
- ¼ cup olive oil
- 1 large onions, diced
- 1 large red pepper, diced
- 6 eggs, beaten
- 1 teaspoon baking powder
- 1 can peas, no salt added, drained
- 2 cups reduced fat cheddar or American cheese



1. Dry potatoes with paper towels.



2. In a skillet over medium heat, fry potatoes in olive oil until browned. (Skip this step if using canned potatoes).



3. In a separate skillet over medium heat, sauté onions and peppers for 5 minutes. Add to potatoes.



4. In a bowl, beat together eggs and baking powder. Pour over potato mixture. Add peas.



5. Sprinkle cheese on top of egg mixture, cover and cook for 3-5 minutes or until all cheese is melted.

Nutrition information: calories 317, total fat 17g, saturated fat 5g, sodium 454mg, carbohydrates 25g, dietary fiber 5g, protein 17g.

Recipe from csfpcentral.org

Healthy Tip

Eggs are a great source of protein. Adding a mix of fresh and canned vegetables adds additional vitamins, minerals and fiber.

"I've had breakfast for dinner for years. A Frittata or omelette is a one dish meal I can make on the stove. I can add any vegetables I have in the fridge or cupboard."