

Ham and Egg Frittata

6 servings

Did you know, people who eat breakfast usually do better in school and at work? If you're running short on time, try getting up 10 minutes earlier or plan easy breakfasts.

- 1 Tablespoon margarine or vegetable oil
- 3 medium potatoes, scrubbed with clean vegetable brush under running water, thinly sliced OR 2 ½ cups frozen hash brown potatoes
- ½ cup onion, scrubbed with clean vegetable brush under running water, diced
- ½ cup green pepper, gently rubbed under cold running water, chopped
- salt and pepper, to taste
- 1 cup cooked ham, diced
- 3 eggs
- ½ cup cheese, shredded



1. Wash hands with soap and water.
2. In a 10-inch skillet, heat margarine or oil.
3. Place half the potatoes, onions, green pepper, salt, and pepper in skillet. Layer half the ham on top. Repeat the two layers.
4. Cover and cook over low heat about 20 minutes or until potatoes are tender.
5. Break eggs into a small bowl. Wash hands with soap and water after cracking raw eggs. Beat eggs and pour over potato mixture.
6. Cook about 10 minutes or until the eggs are set and internal temperature reaches 160 °F when measured with a food thermometer.
7. Top with cheese and heat until melted. Cut into wedges.
8. Store leftovers in a sealed container in the refrigerator for up to four days

Nutrition Information per Serving: (1/6 of recipe) Calories 270, Total Fat 15g, Saturated Fat 6g, Cholesterol 150mg, Sodium 690mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugars 2g, Protein 15g, Vitamin A 8%, Vitamin C 35%, Calcium 10%, Iron 8%.