



Potato Frittata

Prep: 20 minutes plus standing

Bake: 18 minutes • Serves: 4

- 1½ teaspoons vegetable oil
- 1 red bell pepper, diced
- 2 cups refrigerated diced potatoes with onion
- 1 garlic clove, minced
- 1 tablespoon finely chopped fresh thyme leaves
- ½ teaspoon smoked paprika
- ¼ teaspoon fresh ground black pepper
- 6 large egg whites
- 4 large eggs
- ⅓ cup fat-free milk
- ¼ teaspoon salt
- ½ cup shredded reduced fat Cheddar cheese or Colby-Monterey Jack cheese blend

1. Preheat oven to 375°. In oven-safe large nonstick skillet, heat oil over medium heat. Add bell pepper and potatoes; cover and cook 12 minutes, stirring occasionally. Stir in garlic, thyme, paprika and black pepper, and cook, uncovered, 3 minutes. With wooden spoon, scrape brown bits from bottom of skillet. In medium bowl, whisk together egg whites, eggs, milk and salt until well blended.

2. Sprinkle cheese over potato mixture in skillet; pour egg mixture over cheese. Place skillet in oven and bake 18 to 20 minutes or until center is set. Remove frittata from oven and let stand 5 minutes. Run rubber spatula around edge of pan to loosen, slide frittata onto cutting board. Cut into 4 equal wedges to serve.

*Approximate nutritional values per serving:
229 Calories, 8g Fat (31% of total calories), 2g Saturated Fat (8% of total calories), 217mg Cholesterol, 500mg Sodium, 19g Carbohydrates, 2g Fiber, 18g Protein*

*Dietary Exchanges:
1 Starch; 3 Protein; 2 Fat*