

Tex-Mex Potato Frittata

EASY | RECIPE

1 tbsp **canola oil**
12 oz. frozen
**Southwest
style hash browns**
½ cup chopped **red
bell pepper**
¼ cup chopped fresh
cilantro
1 **tomato**, coarsely
chopped
16 oz. **egg substitute**
¾ cup reduced fat
shredded **Mexican
style cheese**

1. Heat oil in a 12-inch nonstick skillet over medium heat. Add hash browns. Spread in an even layer; press down lightly with spatula. Cook 6-7 minutes or until golden brown on bottom.

2. Reduce heat to medium-low. Top potato layer with red pepper, cilantro and tomatoes. Pour egg substitute evenly over mixture in skillet. Cook for 10-12 minutes or until eggs are almost set.

3. Heat oven broiler. To protect skillet handle, wrap with aluminum foil. Broil frittata 4-6 inches from heat for 3 minutes; watch it closely. Remove and top with cheese; broil 30 seconds or until cheese is melted. Cut into wedges.

Serving suggestions: Top with salsa and avocado slice as desired.

A **frittata** is a sort-of omelet that combines any vegetables, cheeses or meats on hand. Enjoy it for breakfast, lunch or dinner.



Makes 6 slices. Per slice:

145 calories | 6.5g protein | 4.8g fat | 1.7g saturated fat | 7.5mg cholesterol | 11g carbohydrate | 1.3g fiber | 390mg sodium

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