



Tex-Mex Potato Frittata

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

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

- 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. *Buon appetito!*

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

MAKES 6 (generous) SLICES:

PER SLICE: 145 calories | 6.5g protein | 4.8g fat | 1.7g saturated fat | 7.5mg cholesterol
11g carbs | 1.3g fiber | 390mg sodium