

Breakfast

Potato and Pepper Frittata

Integrated Marketing Services, Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 22 minutes

1 tablespoon vegetable oil

1/2 pound red potatoes, thinly sliced

1 small (about 1/ cup) red onion, sliced

1 medium red or green bell pepper, seeded and cut into strips

1/2 teaspoon dried thyme, crushed

1 teaspoon salt

1/4 teaspoon pepper

8 eggs, lightly beaten

2 1/4 cups (9 oz) Parmesan-Romano cheese blend, finely shredded and divided

Preheat oven to 350 degrees.

In an ovenproof 12-inch skillet, heat the oil over medium heat.

Add the potatoes, onion and bell pepper. Cook, stirring, for 10 minutes or until the vegetables are tender.

Stir in the thyme, salt and pepper.

In a large bowl, whisk together the eggs and two cups of the cheese. Pour over the vegetables in the skillet.

Cook until the edges of the eggs begin to set, about 4 minutes.

Sprinkle the remaining 1/4 cup of cheese over the frittata.

Place the skillet into the oven.

Bake for 8 minutes or until the eggs are set.

Transfer to a serving dish and cut into wedges.

Serve hot.

Per Serving (excluding unknown items): 239 Calories; 13g Fat (51.2% calories from fat); 14g Protein; 15g Carbohydrate; 2g Dietary Fiber; 424mg Cholesterol; 678mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.