

POTATO, ONION & HERB FRITTATA

SERVES 8



1/2 cup freshly grated parmesan cheese
2 pints egg substitute
1 1/3 cup cooked and peeled potatoes shredded
4 teaspoons olive oil
Freshly ground black pepper
1 Tablespoon chopped fresh parsley
1/2 cup chopped yellow onions
1/2 ea medium red bell pepper, julienned
2 Tablespoons chopped green onions

Serving Size: 1
Calories: 180 Kcals
Fat: 8 gm
Protein: 18 gm
Carbohydrates: 8 gm
Sodium: 305 mg

Whisk the egg substitute and cheese together until thoroughly combined. Set aside in the refrigerator.

In an oven proof skillet, heat the oil over medium heat.

Add the shredded potatoes, saute, add yellow onion, bell pepper, green onion and cilantro. Cook until yellow onions are soft and translucent. Season with black pepper.

Add the egg mixture.

Set oven at 300 F, place pan in oven uncovered and bake for 12 - 20 min.
The frittata is done when an inserted knife comes out clean.



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