



## 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*