

Sunny Frittata Recipe - GF, SF

Comments: From Cooking Light magazine

Ingredients:

2 cups egg substitute - Egg beaters etc...

1/2 c fat free milk - I use SILK (refrigerated soy milk - u can get at most any grocery store now - in the refrigerated section - it's good!)

1/4 t salt

1/4 t black pepper

Cooking spray

2/3 c (4 oz) diced ham or bacon

1/2 c diced orange bell pepper or any color. (use frozen chopped to save time)

1/2 c thinly sliced green onions or any onions

1/4 c (1 oz) reduced fat shredded cheddar cheese

Directions:

Preheat oven to 375.

Combine first 4 ingredients in a small bowl stirring well with a whisk.

Heat a medium nonstick skillet over medium high heat. Coat pan with cooking spray. Add ham, bell pepper and onions; saute 2 minutes.

Stir in egg mixture. Reduce heat to medium and cook 5 minutes, stirring occasionally for first 2 minutes. Top mixture with cheese.

Wrap handle of pan with foil; bake at 375 for 12 minutes or until center is set.

Cut frittata into 4 wedges. Yield 4 servings. Great for serving to guests!

Submitted by: Tracey 06/09