

Mexican Frittata



Ingredients:

- 10 eggs or an equal amount of egg substitute
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons canola or olive oil
- 2 bell peppers, cored and sliced thinly
- 1 medium onion, thinly sliced
- 1 cup low-fat cheddar cheese, shredded
- 1/2 cup salsa

Directions:

1. In a large bowl, whisk eggs, salt, and pepper.
2. In a skillet, heat oil and sauté the bell peppers and onions for 7 minutes.
3. Add the eggs to the skillet and combine with the pepper and onion mixture.
4. Top the egg mixture with cheese and cover.
5. Reduce heat to low and cook about 15 minutes.
6. Remove from heat and let stand about 5 minutes.
7. Top with salsa to serve.

Makes 6 servings.



Tarrant County Public Health

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