

Dinner Tonight!

Bacon Potato Omelet

4 strips turkey bacon, diced
3 cups thawed hash brown potatoes
1 medium onion, chopped
1 Tablespoon canola oil, divided
4 eggs, lightly beaten
Salt and pepper to taste
1/2 cup shredded cheddar cheese

In a 9-inch skillet, cook bacon until crisp. Drain, reserving drippings and set aside. Cook potatoes and onion in drippings until tender, stirring occasionally. Add oil, 1 teaspoon at a time, to prevent sticking. Add eggs, salt, and pepper and mix gently. Cover and cook over medium heat until eggs are completely set. Sprinkle with cheese and bacon.

Remove from heat. Cover and let stand until cheese is melted. Cut into 4 wedges.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Serves: 4
Cost per Serving: \$0.65

Nutrition facts per serving:
Calories: 270
Total Fat: 14 g
Cholesterol: 230 mg
Sodium: 420 mg
Total Carbohydrates: 25 g
Protein: 14 g

Serve with: Crunchy Tossed Salad and fresh orange slices for dessert



Dinner Tonight!

Crunchy Tossed Salad

1 12-ounce bag torn salad greens
2 green onions, chopped
1 cup chow mein noodles
1/2 cup chopped cashews
2 Tablespoons sesame seeds

In a large salad bowl, combine all ingredients. Serve with your favorite light salad dressing.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Serves: 4

Cost per serving: \$0.69

Nutrition facts per serving (does not include salad dressing):

Calories: 200

Total Fat: 13 g

Cholesterol: 0 g

Sodium: 140 mg

Total Carbohydrates: 17 g

Protein: 6 g

Serve with: Bacon Potato Omelet