

Dinner Tonight!

Pepperoni Frittata

2 1/2 cups frozen shredded hash brown potatoes, thawed
1/3 cup chopped onion
3 Tablespoons butter or margarine
5 eggs
1/2 cup skim milk
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/2 teaspoon pepper
20 slices pepperoni
1 cup (4 ounces) shredded Mexican cheese blend

In a large skillet, cook potatoes and onion in butter until tender and lightly browned. Meanwhile, in a large bowl, beat eggs, milk, Italian seasoning, salt and pepper.

Pour over potato mixture; stir to combine. Sprinkle with pepperoni. Cover and cook on medium-low heat for 10-12 minutes or until eggs are set. Remove from the heat. Sprinkle with cheese; cover and let stand for 2 minutes. Cut into wedges.

Preparation Time: 10 minutes
Cook Time: 25 minutes
Serves: 6
Cost per serving: \$.70

Nutrition facts per serving:
Calories: 267
Fat: 17 g
Protein: 12 g
Carbohydrates: 9 g
Fiber: 1 g
Cholesterol: 219 g
Sodium: 608 mg

Serve with: Gingered Melon Salad (Recipe on page 2)

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Gingered Melon Salad

4 assorted cubed melons (watermelon, cantaloupe, honeydew)
1/4 cup pineapple juice
1 1/2 Tablespoons honey
1/4 teaspoon ground ginger

Combine the 4 assorted cubed melons. Combine 1/4 cup pineapple juice, 1 1/2 Tablespoons honey and 1/4 teaspoon ground ginger. Pour over melon cubes and toss.

Serves: 4

Nutrition facts per serving:

Calories: 89

Fat: 0.4 g

Protein: 1 g

Carbohydrate: 22 g

Fiber: 1.3 g

Sodium: 11 mg

Cholesterol: 0 mg