



All-in-one Potato Frittata

Salad Ingredients:

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| 1 medium potato, peeled, diced and cooked | 8 eggs |
| ½ cup milk, chicken broth or water | ½ tsp dried basil |
| 1 tbsp vegetable oil | 1 medium onion, chopped |
| ½ green pepper, diced | 1 small zucchini |
| ½ cup shredded low-fat cheese (cheddar or Swiss) | |
| Salt & pepper to taste | |
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Instructions:

1. In a bowl, beat together eggs, milk, basil, salt and pepper until eggs are just blended
2. Heat oil in a frying pan over medium heat. Sauté onion and peppers for 3 minutes. Add potato and sauté for 2 minutes longer.
3. Pour eggs over vegetables in skillet. Cover and cook over medium low heat until the eggs are almost set but still moist on top. Lift the edges to let uncooked egg to run to bottom of pan.
4. Sprinkle top with cheese and allow the cheese to melt.
5. Remove from heat, cut into wedges and serve. Serves 4.

***In motion* Nutrition Tip:**

Eggs make a great meal anytime. They are quick and easy to prepare. They are also a great source of iron and protein!

