



## America's Heartland Frittata

NIBBLEDISH CONTRIBUTOR

### Ingredients

1 cup diced peeled baking potato  
1/2 (2 ounces) shredded fat-free cheddar cheese, divided  
6 ounces [Eggology fresh egg whites](#), lightly beaten  
2 teaspoons reduced-calorie margarine  
1/2 cup diced red onion  
1/2 cup diced red bell pepper  
1/2 cup diced lean Canadian bacon  
2 garlic cloves, minced  
1/4 cup fat-free sour cream

### Instructions

Place potato in a small saucepan; cover with water. Bring to a boil. Cook 10 minutes or until tender; drain.

Preheat oven to 450 degrees.

Combine 1/4 cup cheese, egg whites; stir well. Set aside. Melt margarine in a 10-inch nonstick skillet over medium heat. Add potato, onion, bell pepper, bacon, and garlic; sauté 5 minutes. Stir in egg mixture; spread evenly in bottom of skillet. Cook over medium-low heat 5 minutes or until almost set.

Wrap handle of skillet with foil; place skillet in oven, and bake at 450 degrees for 5 minutes or until set. Sprinkle with remaining 1/4 cup cheese; bake an additional minute or until cheese melts. Top each serving with sour cream.

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