



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.
