



Ham & Egg Frittata

Family Friendly

High Protein - Gluten Free

Ingredients

Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

- 1 tbsp **butter** or **oil**
- 3 **potatoes**, cleaned and sliced, or cubed hash browns
- 1 cup cooked **ham**, diced
- 1 cup chopped **vegetables** of your choice
- 3 **eggs**
- 1/3 cup **cheese**, shredded
- **salt and pepper**, to taste

Suggested vegetables: chopped spinach, broccoli, onions, and peppers.

Directions

1. In a 10-inch skillet, heat butter or oil.
2. Place half the potatoes, salt and pepper, and additional vegetables in the skillet. Layer half the ham on top. Repeat.
3. Cover and cook over low heat for about 20 minutes or until potatoes are tender.
4. Break eggs into a small bowl. Beat eggs and pour over potato mixture.
5. Cook for about 10 minutes or until the eggs are set.
6. Top with cheese and heat until melted. Cut into 6 portions.

Recipe adapted from UNL Food