

Veggie Microwave Frittata (for two)

This is a tasty breakfast dish for two made in about 10 minutes. You can garnish each serving with fresh chopped tomato or salsa and/or avocado wedges.

Ingredients:

- 1¼ cup shredded frozen hash browns (no fat grams per serving)
- ⅔ cup shredded or grated carrot
- ¼ cup chopped onion
- 1 tablespoon chopped fresh parsley (or 1½ teaspoon' parsley flakes)
- 2 teaspoons olive oil or canola oil
- Pinch of salt and pepper (optional)
- 2 large eggs (higher omega-3 fatty acids if available)
- ½ cups egg substitute
- ¼ cup low-fat milk or fat-free half-and-half
- ⅛ teaspoon dry mustard
- Two dashes hot pepper sauce (like Tabasco)
- ½ cup shredded reduced-fat sharp cheddar cheese

Directions:

- In a microwave-safe 1-quart casserole dish, combine potatoes, carrot, onion, parsley and oil. Cover and microwave on HIGH for 3 minutes, stirring after 90 seconds. Add salt and pepper if desired.
- In mixing bowl, combine eggs, egg substitute, milk, mustard and hot pepper sauce by beating on medium speed for a minute or two. Pour egg mixture into casserole dish and stir to combine with potato mixture.
- Cover dish (waxed paper will work) and microwave on HIGH for 2 minutes. Draw cooked egg toward the middle of dish and the liquid egg toward the edges and microwave on HIGH for 2 minutes more. Sprinkle cheese on top, and microwave until cheese is melted (about 30 seconds more). Let stand a few minutes before serving.

Yield: 2 servings

Nutritional Information: 280 calories, 20g protein, 21g carbohydrate, 13g fat (4.3g saturated fat, 6.2g monounsaturated fat, 1.2 g polyunsaturated fat), 218 mg cholesterol, 2.2g fiber, 296mg sodium.

Recipe Source: MedicineNet.com and Elaine Magee, 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.