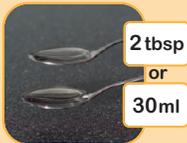




# country frittata

serves 4

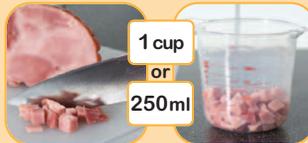
## ingredients



water



tomato salsa



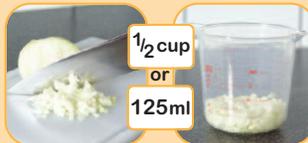
ham, cut small



salt



eggs



onion, cut small



pepper



cooking spray



frozen hashbrown potatoes



cheddar cheese, grated

Recipe serves 4—each serving represents:

 1 serving from the Vegetables and Fruit Food Group

  $\frac{1}{8}$  serving from the Milk Products Food Group

 1 serving from the Meats and Alternatives Food Group

 based on Canada's Food Guide to Healthy Eating

Choose a variety of food from Canada's Food Guide to Healthy Eating every day. Have at least:

-  2 servings of meat or other protein
-  2 servings of milk products
-  5 servings of vegetables and fruit
-  5 servings of grain products



healthyalberta.com

1 Prepare pan with cooking spray.



cooking spray



Put pan on medium to high heat.



2 Add ingredients.



ham +



onions



Cook 10 minutes.



Take out of pan.  
Put in a dish.

3 Add cooking spray.



cooking spray



Put pan on medium heat.



4 Add hashbrowns.



hashbrown  
potatoes



Cook 10 minutes.



Add cooked ham and onion.

5 Mix together in bowl.



eggs +



water +



salt +



pepper

6 Pour over  
potato mixture.



Stir mixture to cook eggs. 5 to 10 minutes.

7 Add cheese on top.



cheddar cheese



Cover with lid.



Cook 5 minutes.

8 Cut into 4 wedges.



Serve with salsa.

recipe source

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