



## Ham and Broccoli Frittata

Serves 4; 1 wedge per serving

### INGREDIENTS

Vegetable oil spray  
2 cups frozen fat-free potatoes  
O'Brien, thawed  
4 ounces small broccoli florets  
(about  $\frac{3}{4}$  cup)  
Whites of 5 large eggs  
Egg substitute equivalent to  
1 egg, or 1 large egg  
6 ounces, lower-sodium, low fat  
ham, cut into  $\frac{1}{4}$  inch cubes  
 $\frac{1}{4}$  cup fat-free milk  
 $\frac{1}{4}$  teaspoon pepper



### COOKING INSTRUCTIONS

Preheat the oven to 400°F.

Heat a 10-inch nonstick ovenproof skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Put the potatoes in the skillet. Lightly spray with vegetable oil spray. Cook for 4 to 5 minutes, or until golden brown, stirring occasionally.

Meanwhile, rinse the broccoli in cold water drain but do not dry (some water droplets will cling to the broccoli). Put the broccoli in a microwave-safe bowl. Cook, covered, on 100 percent power (high) for 3 to 4 minutes, or until tender-crisp. Drain. Stir the broccoli into the potatoes.

In a medium bowl, whisk together the egg whites and egg substitute. Whisk in the ham, milk, and pepper. Pour the mixture over the potatoes and broccoli. Stir well.

Bake, uncovered, for 15 to 18 minutes, or until the eggs are set (they don't jiggle when gently shaken). To serve, cut the frittata into wedges.



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