



**Donna Tantillo's
Individual Breakfast Frittatas**
(adapted from Weight Watchers)
Makes 12 muffins

Ingredients:

Cooking spray

1 pound frozen hash brown potatoes, thawed

4 large eggs, beaten

Few dashes of hot sauce

1 tablespoon fat free milk

2 ounces cooked lean ham, finely chopped

2 tablespoons finely chopped sweet red bell pepper

2 tablespoons finely chopped green bell pepper

2 tablespoons finely chopped uncooked onions or chives

½ cup low fat shredded cheddar cheese

Salt/pepper

Preheat oven to 350°. Coat 8 muffin cups with cooking spray. Spread potatoes around bottom and press potato up the sides of each muffin cup. Place in oven and bake for 10 minutes or till slightly browned.

Meanwhile, beat eggs, few dashes of hot sauce and milk together in a medium bowl. Season with salt and pepper. Add ham, peppers, onion (or chives), and cheese and mix to combine.

Remove potatoes from oven and press down firmly with a spoon so they are spread out like mini pie crusts (potatoes should cover the bottom and sides of each cup). Pour about ¼ cup of egg mixture into the center of each muffin cup.

Return pan to oven and bake until potatoes are crisp and golden and the egg mixture is set, about 15 minutes. Remove from oven and let sit about five minutes before serving. One frittata per serving.

Other variations: use cooked breakfast sausages, spinach, tomato or use another type of cheese.