Wild West Frittata (from the Biggest Loser family cookbook)

Grocery/Ingredient List:

- Olive oil spray
- ¾ cup chopped sweet onion
- ½ cup chopped green bell pepper
- 4 oz 97% or 98% lean ham steak, cut into ¼” cubes
- Salt, to taste
- Ground black pepper, to taste
- 2 cups egg substitute
- 2 oz (1 cup) finely shredded light Swiss cheese

1. Preheat the broiler.
2. Place a medium broiler-safe nonstick skillet over medium heat.
3. Lightly mist the skillet with olive oil spray.
4. Add the onion, bell pepper, and ham and cook for 5 to 7 minutes, or until the onion and pepper are softened but not browned.
5. Season with salt and pepper (keep in mind that you will be adding ham and cheese, so you won’t need much salt.)
6. Turn the heat to medium-high and pour the egg substitute into the pan.
7. Stir the veggies and ham in the eggs until they are evenly distributed and the eggs are slightly scrambled, 1 to 2 minutes.
8. Reduce the heat to medium. Continue to cook, continuously sliding a spatula all around the sides of the frittata as far into the bottom as possible to loosen and gently lift the eggs slightly from the pan to prevent sticking, until the frittata is almost set but still runny on top, 4 to 6 minutes.
9. Remove the pan from the heat and sprinkle the cheese evenly over the top.
10. Transfer the skillet to the oven and broil for 1 to 3 minutes, or until the cheese is melted and the egg is completely set.
11. Cut the frittata into four equal wedges and serve.

1 wedge/serving: (142 calories, 22g protein, 7g carbs, 2g fat (2 g sat), 13 mg cholesterol, <1g fiber, 621mg sodium)

If you can’t find an affordable ham steak in the cold meat section, you can always try the deli case. Just ask for one slice of extra-lean ham that is about ¼” thick. It’s likely to be just about what you need.