southwestern frittata and fresh fruit with citrus cream

TOTAL TIME
25 minutes
MAKES 6



APRON'S ADVICE

This is an easy, stovetop frittata, which is like an omelet, except without the fold.

SHOPPING LIST

Dairy

1 (15-oz) carton Southwestern egg substitute (contains egg whites, onions, peppers and green chilies)

2 cups pressurized whipped heavy cream 1 (8-oz) package reduced-fat cream cheese 2 cups refrigerated hash brown potatoes 1/3 cup shredded Mexican cheese with jalapeños sour cream, optional

Dry Grocery

mild salsa, optional 1 tbsp orange extract 1/2 cup powdered sugar

Meat

1 (12-oz) package breakfast sausage links

Produce

1 3/4 lb fruit salad (contains fresh melons, pineapple and strawberries)1 tbsp garlic-herb paste1 lime1/4 cup pre-sliced green onions

Suggested Items

cinnamon rolls



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COOKING SEQUENCE

- Prepare frittata through step 2 15 minutes
- While frittata cooks, prepare fruit and citrus cream; serve 10 minute

fresh fruit with citrus cream

INGREDIENTS

juice of 1 lime

1 (8-ounce) package reduced-fat cream cheese

2 cups pressurized whipped heavy cream

1/2 cup powdered sugar1 tablespoon orange extract

1 3/4 pounds fruit salad (contains fresh melons, pineapple and strawberries)

STEPS

1. Cut lime in half and squeeze juice (about 1 tablespoon) into medium bowl. Add remaining ingredients except fruit. Mix with electric mixer on medium speed, scraping sides down once, until smooth. 2. Chill until ready to serve. Arrange fruit on serving tray and serve with dip.

CALORIES (per 1/6 recipe) 271kcal; FAT 17g; CHOL 54mg; SODIUM 168mg; CARB 24g; FIBER 1g; PROTEIN 5g; VIT A 21%; VIT C 64%; CALC 4%; IRON 2%

southwestern frittata

INGREDIENTS

1 (12-ounce) package breakfast sausage links

2 cups refrigerated hash brown potatoes1/4 cup pre-sliced green onions1 tablespoon garlic herb paste

1 (15-ounce) carton Southwestern egg substitute (contains egg whites, onions, peppers and green chiles) 1/3 cup shredded Mexican cheese with jalapeños mild salsa, optional sour cream, optional

STEPS

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1. Preheat large sauté pan on medium-high 2–3 minutes. Cut sausage links into bite-size pieces. Place sausage, potatoes, onions and herb paste in pan. Cook 5–7 minutes, stirring often, until potatoes are tender and sausage is no longer pink in center. 2. Pour egg substitute evenly over sausage and potatoes; sprinkle with cheese. DO NOT STIR! Cover and reduce heat to low. Cook 8–10 minutes, without stirring, until puffy and bottom is golden. Serve topped with salsa and sour cream, if desired.

CALORIES (per 1/6 recipe) 320kcal; FAT 21g; CHOL 47mg; SODIUM 379mg; CARB 14g; FIBER <1g; PROTEIN 20g; VIT A 19%; VIT C 21%; CALC 9%; IRON 3%