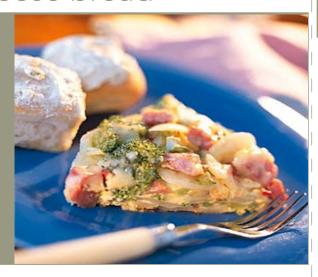
# hearty ham frittata with blue cheese bread

TOTAL TIM
40 minutes
MAKES 4
SERVINGS



# APRON'S ADVICE

Try this delicious dish for that special weekend brunch.

### SHOPPING LIST

# Bakery

fruit turnovers

### Dairy

1 tbsp butter

1 tbsp crumbled blue cheese

4 eggs

1/4 cup reduced-fat milk

2 cups refrigerated sliced home fries

1/4 cup sour cream

## Deli

2 oz Dubliner" Irish cheese

# **Dry Grocery**

1 tbsp fat-free mayonnaise

1/2 tsp ham base

1/2 tsp seasoned salt

## Frozen

1/2 cup seasoning blend (contains diced onions, green/red peppers, celery and parsley)
1 (11-oz) package yeast rolls

# Meat

1 (8-oz) package cooked ham chunks

# Produce

8 oz (3 cups) broccoli florets

# Suggested Items

cinnamon applesauce hot sauce

# **COOKING SEQUENCE**

- Preheat oven; prepare frittata through step 8: 20 minutes
- Prepare bread and begin to bake: 15 minutes
- During last 5 minutes of bake time, remove frittata from heat and let stand: 5 minutes;

serve

# hearty ham frittata

### INGREDIENTS

1 tablespoon butter

1/2 cup frozen seasoning blend (contains diced onions, green/red peppers, celery and parsley)

1 (8-ounce) package cooked ham chunks

2 cups refrigerated sliced home fries

1/2 teaspoon seasoned salt

8 ounces broccoli florets (3 cups)

4 eggs

1/2 teaspoon ham base

1/4 cup sour cream

1/4 cup reduced fat milk

2 ounces Dubliner™ Irish cheese

# STEPS

1. Preheat large saucepan on medium-high for 2-3 minutes. 2. Place butter in pan and swirl to coat. Add seasoning blend and sauté 3 minutes, stirring occasionally. 3. Add ham chunks and cook 2 minutes, stirring occasionally. 4. Add potatoes and seasoned salt; cook 2 minutes, stirring occasionally. 5. Add broccoli, breaking into bite-size pieces, if needed. Stir, cover and reduce heat to medium. Cook 3 minutes, stirring occasionally. 6. Whisk together in medium mixing bowl: eggs, ham base, sour cream and milk. 7. Pour egg mixture over broccoli, cover and cook 5 minutes. (Do not stir.) 8. Shred cheese and sprinkle over egg mixture. Reduce heat to low and simmer 15 minutes. 9. Remove from heat and let stand 5 minutes. Serve.

# blue cheese bread

### INGREDIENTS

1 tablespoon crumbled blue cheese

1 (11-ounce) package frozen yeast rolls

1 tablespoon fat-free mayonnaise

#### STEPS

- 1. Preheat oven to 350°F. 2. Place cheese and mayonnaise in small mixing bowl and mix together.
- 3. Spread mixture evenly over top of rolls. Bake 15-20 minutes, or until golden brown.

Calories 594kcal; Fat 26g; Cholesterol 310mg; Carbohydrate 57g; Fiber 4g; Protein 31g; Sodium 1597mg Vitamin A 35%; Vitamin C 83%; Calcium 22%; Iron 19%



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