



Presents



Veggie Skillet Eggs with Potato Crust

Presented on June 7, 2013 by Robin Maille

Ingredients

- 6-8 egg
- 1/4 tsp pepper
- 1/2 tsp. fresh oregano or basil
- 1/3 cup shredded low fat cheese
- 2 -3 tsp. olive oil
- 1 small onion, chopped (~2/3 cup)
- 1 clove garlic, minced (finely chopped)
- 2 cups fresh vegetables of your choice – peas, green beans, zucchini, broccoli, spinach)
- 1 medium tomato, sliced (for topping)
- 3 medium potatoes, washed, scrubbed and thinly sliced

Tools

- 9-12" skillet with lid
- 2-3 small- medium size bowls
- Spatula

Directions

1. Mix eggs with pepper, herbs and cheese in a small bowl
2. Heat oil in 9-12" frying pan/skillet. Add onions, garlic and other vegetables, cook until tender, but not overdone. Set aside.
3. Heat oil in 9-12" frying pan/skillet. Add potato slices and cook until tender.
4. Spoon vegetable mixture over potatoes.
5. Pour egg mixture over potatoes and vegetables.
6. Cook on medium heat with lid on for 6-8 minutes until set. Top with tomato slices.
7. Cut into wedges and serve hot.

Per Serving

- Calories - 268 cal
- Carbs - 14 g
- Fat - 18 g
- Protein - 10 g
- Sodium - 611 mg
- Sugar - 1 g