A Kansas SNAP-Ed EZ Does it Recipe

Ham and Egg Skillet

Servings: 6

Ingredients:
2 potatoes (peeled and diced)
2 tablespoons vegetable oil
2 onions (small, chopped)
1 green pepper (chopped)
6 ounces ham (cubed, about 1 cup)
6 eggs (beaten)
¼ teaspoon black pepper
1 cup reduced fat cheddar cheese (shredded)

Remember to wash your hands with soap and warm water before and after cooking.

Directions:
1. In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes.
2. Stir in onion, green peppers, and ham; cook about 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Nutrition Facts: Each serving provides 290 Calories, 15g Total Fat, 5g Saturated Fat, 540mg Sodium, 19g Total Carbohydrate, 3g Dietary Fiber, 19g Protein