

Salmon Brunch Frittata: 20 Minute Meal



INGREDIENTS:

Cooking spray
1 small bell pepper, cored and chopped
1/2 cup chopped onion
1 clove garlic, minced
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
6 eggs
1/3 cup non-fat milk or water
2 teaspoons Mexican, Taco, or Fajita seasoning
1/3 cup shredded Cheddar or Jack cheese
1-1/2 cups chunky salsa

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DIRECTIONS:

Preheat oven to 400°F. Spray-coat a 10-inch nonstick pan. Stir in bell pepper, onions, and garlic; sauté two minutes over medium heat. Add salmon. Beat together eggs, milk or water, and seasoning; pour over vegetables in pan. Cook over medium-low heat, omelet-style, until sides are set, about 4 to 5 minutes. Sprinkle on cheese. Transfer pan to oven about 5 inches from heat, covering handle with foil if necessary. Bake an additional 5 minutes, or until frittata is puffy and eggs are firm in the center. Cut into wedges; serve each slice with 1/4 cup salsa.

Makes 4 to 6 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 341.4 calories, 17g total fat, 5.9g saturated fat, 45% of calories from fat, 386.6mg cholesterol, 33.5g protein, 13g carbohydrate, .4g fiber, 1441.9mg sodium, 355.3mg calcium and 1.9g omega-3 fatty acids.