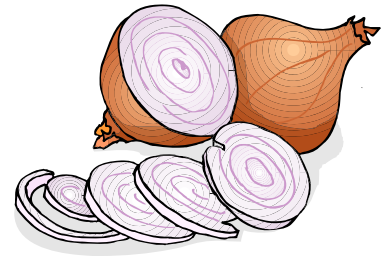


Sweet Onion Frittata with Ham



Ingredients:

4 oz extra lean, low-sodium ham slices, chopped

1 cup thinly slice Vidalia onion (or other variety, such as Texas Sweet)

1 ½ cups egg substitute

½ cup shredded, reduced-fat, sharp cheddar cheese

Directions:

Place a medium nonstick skillet over medium-high heat until hot. Coat the skillet with nonstick cooking spray, add ham, and cook until beginning to lightly brown for 2 or 3 minutes, stirring frequently. Remove from skillet and set aside on separate plate. Reduce the heat to medium, coat the skillet with nonstick cooking spray, add onions, and cook 4 minutes or until beginning to turn golden brown, stirring frequently. Reduce the heat to medium-low, add ham to the onions and cook 1 minute (this allows the flavors to blend and the skillet to cool slightly before the eggs are added). Pour egg substitute evenly over all, cover, and cook 8 minutes or until puffy and set. Remove the skillet from the heat, sprinkle cheese evenly over all, cover, and let stand 3 minutes to melt the cheese and develop the flavors.

Makes 4 servings, serving size: ¼ recipe

Nutritional Information: 132 calories, 4g fat, 2g saturated fat, 519 mg sodium, 1g fiber, 4g sugars, 18g protein

Source: www.diabetes.org from The 4-Ingredient Diabetes Cookbook, by Nancy S. Hughes