

Hearty Potato Frittata



PREPARATION TIME
30 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
green salad



Save money and fat grams by substituting ground turkey breast, seasoned with a pinch each of sage, nutmeg and red pepper flakes, for the turkey sausage called for in this recipe.

SHOPPING LIST

- turkey sausage
- green onions
- russet potatoes
- mushrooms
- bell peppers

ON HAND

- eggs

INGREDIENTS

- 16 ounces bulk turkey sausage
- 2 green onions, chopped
- 4 russet potatoes, thinly sliced
- 1/2 cup sliced mushrooms
- 1/2 medium green bell pepper, finely chopped
- 8 eggs, beaten

SERVES 6

COOK'N Xpress

- Refrigerate eggs the minute you return from the supermarket. An egg will lose more quality in 1 day at room temperature than it will in 7 days in the refrigerator.

Make Ahead

You can prepare the sausage through step 1 and the vegetables through step 2 up to 4 hours ahead. Refrigerate until ready to use.

♦ VARIATION

For a spicy frittata, substitute hot Italian sausage for the turkey sausage.

1 Cook sausage, stirring continually, in a large ovenproof skillet over medium heat until browned and crumbly, about 10 minutes. Drain, reserving 2 tablespoons of drippings.



2 Add green onions, potatoes, mushrooms and bell pepper to reserved pan drippings; cook over medium heat until potatoes are browned and tender, about 15 minutes.

3 Combine sausage, eggs and potato mixture in a large bowl; mix well. Pour egg mixture back into skillet, tilting to spread evenly. Preheat broiler.



4 Cook, covered, over low heat until frittata is set, about 15 minutes. Place skillet in oven and broil until browned, about 5 minutes.