

Potato Sausage Frittata

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Servings: 4

*1/2 pound bulk pork
sausage*

6 strips bacon, diced

*1 1/2 cups red potatoes,
finely chopped*

*1 medium onion, finely
chopped*

8 large eggs

*2 teaspoons dried parsley
flakes*

3/4 teaspoon salt

1/8 teaspoon pepper

Cook Time: 12 minutes

In a skillet, cook the sausage until no longer pink. Remove.

In the same pan, cook the bacon. Remove.

Drain the pan reserving two tablespoons of drippings. Saute' the potatoes and onion.

In a large bowl, whisk the eggs, parsley, salt and pepper.

Return the sausage and bacon to the skillet. Top with the egg mixture. Cover.

Cook over low heat until the eggs are almost set, 8 to 10 minutes. Uncover.

Broil six inches from the heat for 2 minutes.

Cut into wedges.

Per Serving (excluding unknown items): 258 Calories; 15g Fat (52.2% calories from fat); 17g Protein; 13g Carbohydrate; 1g Dietary Fiber; 432mg Cholesterol; 695mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.