

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

