

Sweet Potato Frittata



Contain :



Spiciness :  MILD

Serves :



Prep Time : 15mins Cooking Time : 45mins

Ingredients :

- 4 large eggs
- 4 large egg whites
- 3/4 tsp (3mL) hot pepper sauce
- 1/8 tsp (0.5mL) ground black pepper
- 2 ½ tbsp (75 mL) Soy Asahi Instant Sauce Cheddar Flavor (mix with 225 mL hot water and stir well)
- 2 cups (500mL) shredded, peeled white-fleshed potatoes
- 1 cup (250mL) ¼" (0.5 cm) dice, peeled sweet potatoes
- 2 cups (500mL) small, fresh broccoli florets
- 1¼ cups (300mL) finely diced cooked honey chicken
- 1/2 cup (125mL) finely sliced green onions

Instructions :

1. Beat eggs well in large bowl with egg whites, hot pepper sauce and black pepper. Set aside.
2. Simmer cheddar cheese in large saucepan at medium, stirring often. Add potatoes and sweet potatoes and stir for 1 minute. Remove from heat and stir in broccoli, chicken and onions.
3. Add beaten egg mixture and combine well. Spread mixture evenly in shallow non-stick 13" x 9" (34 x 22 cm) baking dish.
4. Bake, uncovered, at 350°F (190°C) until egg is firmly set - about 45 minutes.

Tips :

1. You'll get a head start on this recipe if you dice the sweet potatoes the day before... just keep them in an air-tight container in the fridge and they'll be ready when you are.
3. Using a combination of whole eggs and egg whites reduces the fat content, compared to using only whole eggs, since egg whites are fat-free.



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