

## Potato and Ham Skillet With Eggs

2 potatoes (peeled and diced)  
2 Tbsp. vegetable oil  
2 onions (small, chopped)  
1 green pepper (chopped)  
6 eggs (beaten)  
¼ tsp. black pepper  
6 ounces frozen ham (thawed and chopped, about 1 cup)  
1 cup reduced-fat cheddar cheese (shredded)

### Preparations

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, and cook 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.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	290
Total Fat	15 g
Protein	19 g
Carbohydrates	19 g
Dietary Fiber	3 g
Saturated Fat	5 g
Sodium	540 mg
Total Sugars	4 g

Source: USDA