Dinner Tonight!

**Pepperoni Frittata**

2 1/2 cups frozen shredded hash brown potatoes, thawed  
1/3 cup chopped onion  
3 Tablespoons butter or margarine  
5 eggs  
1/2 cup skim milk  
1 teaspoon Italian seasoning  
1/2 teaspoon salt  
1/2 teaspoon pepper  
20 slices pepperoni  
1 cup (4 ounces) shredded Mexican cheese blend

In a large skillet, cook potatoes and onion in butter until tender and lightly browned. Meanwhile, in a large bowl, beat eggs, milk, Italian seasoning, salt and pepper.

Pour over potato mixture; stir to combine. Sprinkle with pepperoni. Cover and cook on medium-low heat for 10-12 minutes or until eggs are set. Remove from the heat. Sprinkle with cheese; cover and let stand for 2 minutes. Cut into wedges.

**Preparation Time:** 10 minutes  
**Cook Time:** 25 minutes  
**Serves:** 6  
**Cost per serving:** $.70

Nutrition facts per serving:  
Calories: 267  
Fat: 17 g  
Protein: 12 g  
Carbohydrates: 9 g  
Fiber: 1 g  
Cholesterol: 219 g  
Sodium: 608 mg

Serve with: Gingered Melon Salad (Recipe on page 2)
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Gingered Melon Salad

4 assorted cubed melons (watermelon, cantaloupe, honeydew)
1/4 cup pineapple juice
1 1/2 Tablespoons honey
1/4 teaspoon ground ginger

Combine the 4 assorted cubed melons. Combine 1/4 cup pineapple juice, 1 1/2 Tablespoons honey and 1/4 teaspoon ground ginger. Pour over melon cubes and toss.

Serves: 4

Nutrition facts per serving:
Calories: 89
Fat: 0.4 g
Protein: 1 g
Carbohydrate: 22 g
Fiber: 1.3 g
Sodium: 11 mg
Cholesterol: 0 mg