



## Healthy Recipe



### POTATO FRITTATA

1 large **RI-grown potato**,  
cut into 1/4-inch round slices  
1 tsp butter or vegetable oil

6 medium **RI eggs**, lightly beaten  
to taste salt and pepper

1. Preheat oven to 350°.
2. Heat oil or butter to coat bottom of sauté pan. Add potato rounds to pan. Cook for 2 minutes, flip and continue to cook for 1 more minute.
3. Season eggs with salt and pepper, then add to pan on top of potatoes.
4. Cook on stove top for 5 minutes, then gently lift the set edges of the frittata to let raw egg run underneath. Transfer to hot oven.
5. Bake for 15 minutes or until eggs are set. Remove from oven and cool in pan for 5 minutes before turning over onto plate.
6. Sprinkle with chopped fresh tomatoes or fresh herbs, if desired.

**Serving Suggestions:** Add in cooked RI-grown spinach, mushrooms, asparagus and/or other greens before placing in oven, OR serve atop a green salad.

## Nutritional Information

**Per serving (4 servings in recipe):**

Calories:	120	Vitamin A:	8%
Cal from Fat:	70	Vitamin C:	15%
Total Fat:	8 g	Calcium:	4%
Saturated Fat:	2.5 g	Iron:	10%
Cholesterol:	280 mg		
Sodium:	230 mg		
Carbohydrates:	4 g		
Fiber:	1 g		
Sugar:	1 g	Percent Daily Values are based on a	
Protein:	10 g	2000 calorie-per-day diet	

**GET FRESH.  
BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**

the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

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