

# Bacon and Potato Frittatas

## Ingredients

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2 c Russet Potatoes (finely chopped, peeled)  
1/2 c Onion (finely chopped)  
1 t Salt  
1/4 t Dried Thyme  
1/2 c Chives (chopped)  
2 T Parmesan Cheese (grated)  
1/4 t Black Pepper  
7 Egg Whites (lightly beaten)  
3 Eggs (lightly beaten)  
6 T Sour Cream

## Instructions

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- 1.Preheat oven to 375 degrees.
- 2.Place potato in a medium saucepan; cover with water. Bring to a boil; cook 4 minutes or until almost tender. Drain.
- 3.Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside. Add potato, onion, 1/4 teaspoon salt, and thyme to drippings in pan; cook 8 minutes or until potato is lightly brown over medium-high heat. Remove from heat; cool.
- 4.Combine the potato mixture, bacon, remaining 3/4 teaspoon salt, 2 tablespoons chives, cheese, pepper, egg whites, and eggs, stirring well with a whisk. Coat 13X9-inch pan with cooking spray. Pour egg mixture into pan and bake at 375 degrees for

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15 minutes or until lightly brown. Cool for 30 minutes on wire rack. Cut frittata into 36 squares and top each 1/2 teaspoon sour cream and 1/2 teaspoon chives.