

FAST & FRESH: *Dinner in under 30 minutes*

Farmer's Omelet

Serves 2

Almost like a thin frittata, this dish works great for dinner or brunch. Traditional versions use cut-up ham rather than bacon, so that's an option too.

4 new potatoes

2 pieces thick-cut bacon

4 large eggs

Kosher salt, to taste

Freshly ground black pepper, to taste

½ tablespoon olive oil

½ red bell pepper, sliced into thin strips

Several thin slices of red onion

1 tablespoon unsalted butter

Chopped parsley or chives to garnish (optional)

Instructions: Place the potatoes in a small saucepan and just cover with water; season the water well with salt. Bring to a boil and cook until tender, 18-20 minutes. Drain and set aside to cool briefly, then slice thinly (you

can peel them if you like).

Cook the bacon in a frying pan until crisp. Drain on paper towels and let cool, then chop into bite-size pieces.

While the potatoes and bacon cook, place the eggs in a medium bowl and beat well with salt and pepper to taste.

Heat the olive oil in a 12-inch nonstick pan over medium heat. Add the pepper and onion and cook until softened, 3-5 minutes. Add the potatoes and brown briefly, about 1 minute. Season the vegetables with salt and pepper.

Add the butter and allow to melt, then swirl it around with the

vegetables until the bottom and sides of the pan are coated.

Spread the ingredients out evenly, then drizzle the egg over the top so it covers the entire bottom of the pan. Sprinkle the bacon over the top, and reduce the heat to medium-low.

Allow the eggs to set, occasionally lifting the sides and tipping the pan to allow uncooked egg to go underneath, about 5 minutes.

Serve immediately garnished with the parsley or chives.

Per serving: 425 calories, 19 g protein, 38 g carbohydrate, 23 g fat (8 g saturated), 446 mg cholesterol, 240 mg sodium, 4 g fiber.