Tupperware

Serves: 1 · Serving size: 1 omelet



Home Run Hashbrown OMFLET

½ cup shredded potato

1/2 onion, cut in half

2 slices deli ham, torn into several pieces

1/4 cup shredded cheddar

1/4 of red bell pepper

3 eggs

1/4 tsp. kosher salt

- In the base of the PowerChef® System, fitted with blade attachment, combine potato, onion, ham, cheddar, bell pepper, eggs and salt. Cover and pull cord until vegetables are minced and eggs are well beaten.
- 2. Transfer egg mixture to the base of the Microwave Breakfast Maker. Cover and microwave at 70% power for 3 minutes.
- Remove from microwave, let stand, covered, an additional 3 minutes.

Note: Substitute your favorite cheese, protein and vegetables for the same amounts listed.

Nutritional Information (per serving):

Calories: 400 Total Fat: 20g Saturated Fat: 9g Cholesterol: 475mg Sodium: 1010mg Carbohydrate: 26g Fiber: 3g Sugar: 7g Protein: 32g Vitamin A: 20% Vitamin C: 50% Calcium: 25% Iron: 20%

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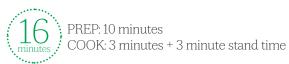
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