

Tupperware®

Serves: 1 • Serving size: 1 omelet



PREP: 10 minutes

COOK: 3 minutes + 3 minute stand time

Home Run Hashbrown OMELET

- ½ cup shredded potato
- ½ onion, cut in half
- 2 slices deli ham, torn into several pieces
- ¼ cup shredded cheddar
- ¼ of red bell pepper
- 3 eggs
- ¼ tsp. kosher salt

1. 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.
3. 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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