

wake up with a mexican breakfast

SPICY MEXICAN FRITTATA

Makes 4 servings

- 1 fresh jalapeño pepper*
- 1 clove garlic
- 1 medium tomato, peeled, halved, seeded and quartered
- ½ teaspoon ground coriander
- ½ teaspoon chili powder
- Nonstick cooking spray
- ½ cup chopped onion
- 1 cup frozen corn
- 6 egg whites
- 2 eggs
- ¼ cup fat-free (skim) milk
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup (1 ounce) shredded part-skim farmer or mozzarella cheese

*Jalapeño peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch eyes. Wash hands after handling.

1. Add jalapeño pepper and garlic to food processor or blender. Process until finely chopped. Add tomato, coriander and chili powder. Cover; process until tomato is almost smooth.
2. Spray large skillet with cooking spray; heat over medium heat until hot. Cook and stir onion until tender. Stir in tomato mixture and corn. Cook 3 to 4 minutes or until liquid is almost evaporated, stirring occasionally.
3. Combine egg whites, eggs, milk, salt and black pepper in medium bowl. Add egg mixture all at once to skillet. Cook, without stirring, 2 minutes or until eggs begin to set. Run large spoon around edge of skillet, lifting eggs for even cooking. Remove skillet from heat when eggs are almost set but surface is still moist.
4. Sprinkle with cheese. Cover; let stand 3 to 4 minutes or until surface is set and cheese is melted. Cut into 4 wedges.



