

So-Easy Skillet Frittata

Prep: 10 min. | Total: 25 min.

- 6 eggs
- 1/2 cup (1/2 of 250-g tub) **Philadelphia** Light Cream Cheese Spread
- 1/2 cup each chopped red and green peppers
- 6 slices bacon, crisply cooked, drained and crumbled
- 1 cup shredded **Cracker Barrel** Cheddar Cheese Light – Made with 2% Milk, divided
- 3 Tbsp. chopped fresh cilantro

- 1 **PREHEAT** oven to 400°F. Beat eggs and cream cheese with a wire whisk until well blended. Set aside for now.
- 2 **SPRAY** a 10-inch ovenproof nonstick skillet with cooking spray. Add the red and green peppers to the skillet and cook and stir for 2 min. or until they're crisp-tender.
- 3 **ADD** bacon, 3/4 cup of the Cheddar cheese and the cilantro to the egg mixture; stir it all up until it's well blended. Add this mixture to the ingredients in the skillet; stir.
- 4 **COVER** skillet with a lid. Reduce heat to low and cook for 6 to 8 min. or until the egg mixture is almost set in the centre. Remove lid.
- 5 **PLACE** the skillet in the oven. Bake for 5 min. or until the centre is set. Remove from oven. Top with the remaining 1/4 cup Cheddar cheese and cover with lid. Let it stand for 2 min.
- 6 **LOOSEN** frittata from side of skillet with spatula and slide onto serving plate. Cut into wedges to serve.

Makes 6 servings, 1 wedge each.

Nutrition Information Per Serving: CALORIES 220, FAT 15 g (sat 7 g), CARB 4 g, FIBRE 0 g, PROTEIN 15 g

