



Hot and Sweet Frittata

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| 3 tablespoons olive oil, divided | 1 pound ground turkey sausage |
| 1 ½ cups peeled and cubed sweet potatoes | ½ cup shredded mozzarella cheese |
| 1 ½ cups diced sweet and hot peppers, or bell peppers | 12 medium eggs, beaten |
| | ¼ teaspoon salt |
| | ½ teaspoon black pepper |
| | ½ teaspoon crushed red pepper |

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and **lightly beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:
 290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.

Kentucky Peppers

SEASON: June to September

NUTRITION FACTS: Both sweet and hot peppers are low in calories, high in vitamin C and are a good source of vitamin A. One raw, medium-sized pepper has about 20 calories. Red peppers are higher in vitamins A and C than green peppers. Hot peppers also contain capsaicin, an antioxidant found in its membranes and seeds. Removing these will make the pepper milder.

SELECTION: Choose peppers that have firm, smooth skin. Avoid flabby, wrinkled, or soft peppers.

STORAGE: Store peppers unwashed in a paper towel then refrigerate in a plastic bag for up to 10 days. Rinse before using.

PREPARATION: Wash carefully without bruising. Peppers can be served raw, grilled, stuffed, or roasted. Add them to salads, casseroles, or Mexican dishes.

PRESERVING: Peppers can be preserved by freezing, drying, or canning.

To freeze: Wash, stem, and seed peppers. Package leaving no headspace. Seal and freeze.

PEPPERS
Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
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Source: www.fruitsandveggiesmatter.gov

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<http://plateitup.ca.uky.edu>



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