

It seems that in the early months of the year, we are all trying new diets and rushing around in a valiant attempt to lose those extra pounds put on over the winter. Although we all long for summer to arrive for the beautiful weather and days at the beach, we women dread it for the simple fact that we can't hide behind our hooded sweatshirts any longer.

This year, why not do things a little backwards? Instead of waiting until the end of winter to work off the weight, start at the end of summer. Lose it before you gain it!

During busy months I get in a bad habit of grabbing some pizza or oh-so-delicious, but ever-so-greasy burger for lunch, and rushing back to my desk. For this simple reason I am on a quest for the best—recipes that is! I am going to put together an abundance of easily prepared and easily reheatable recipes to help me stay fit and healthy throughout the winter. My hope is that this new method I am undertaking will prevent those ill feelings towards the summer season next year. It's worth a try anyhow!

Fast Frittata

1 tbsp. extra virgin olive oil

2-1/2 cups refrigerated shredded hash brown potatoes

Salt and Pepper to taste

5-10 slices bacon, cooked and crumbled

1 carton Egg Beaters

1 oz. finely shredded Parmesan cheese

Heat oil in a medium oven safe skillet. Add potatoes and sprinkle lightly with salt and pepper. Cook for 5 minutes or until potatoes are lightly browned.

Press into a uniform layer. Top potatoes with bacon and egg. Cook uncovered for 5 minutes, occasionally lifting frittata with a spatula at the edges to allow uncooked egg mixture to flow beneath.

Turn on broiler and broil egg mixture 4-5 inches from the top for 2-5 minutes until egg is set on top. Sprinkle with cheese and let stand 5 minutes before cutting.