

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Egg, Ham, and Hash Brown Pie

From *The America's Test Kitchen Quick Family Cookbook*

Serves 4

1 onion, finely chopped

1/3 cup olive oil

1/2 tsp salt

1/2 tsp coriander

2 garlic cloves, minced

16 ounce (5 cups) frozen shredded hash browns, thawed

4 large eggs, lightly beaten

4 ounces Monterey Jack cheese, shredded (1 cup) We prefer to use organic, raw cheese. You can also omit this if you want to make it dairy-free.

2 Tbsp minced fresh parsley

1/4 tsp pepper

4 ounces ham steak, cut into 1/2-inch cubes (I used a nitrate-free ham from the deli department at Dierberg's which was cut thick. You can also substitute cooked sausage for the ham.)

1. Cook onion, oil, salt, and coriander in 10-inch nonstick skillet over medium-high heat until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Stir in potatoes and cook, stirring often, until potatoes are crisp and brown, about 10 minutes.
2. Whisk eggs, cheese, parsley, and pepper together in large bowl, then stir in ham and cooked potato mixture. Pour mixture into now-empty skillet and cook over medium-high heat, gently shaking pan occasionally, until bottom is golden and top is lightly set, about 5 minutes.
3. Off heat, run heatproof rubber spatula around edge of pan and shake pan gently to loosen pie; it should slide around freely in pan. Slide pie onto large plate, then invert onto second large plate and slide back into skillet browned side up. Continue to cook over medium heat until second side is golden and eggs are cooked through, about 2 minutes. Slide pie onto cutting board and let cool slightly before serving.

*I used my cast iron skillet for this recipe, so I was not able to slide it out of the pan very easily. It ended up more like a "scramble", but it was still really good!