



Southwestern Crab & Cheese Frittata

WHAT'S NEEDED

Ingredients:

- 1 lb. shredded imitation crab meat
(or real, drained canned crab)
- 12 whole eggs, beaten
- 1 cup cottage cheese, creamy
- 2 tbsp. **Cholula Original** Hot Sauce
- 2 tsp. seasoning salt
- 1 tsp. oregano, dry
- 3/4 tsp. ground black pepper
- 1/2 tbsp. freshly minced garlic
- 4 cups frozen potatoes, diced 1/4"
- 1 cup shredded Monterey Jack cheese
- 1 cup fresh green onions, sliced 1/4"
- 1/2 cup shredded Parmesan cheese



HOW TO MAKE

Preparation - 12 servings

1. Whisk eggs, cottage cheese, salt, **Cholula Original** Hot Sauce, oregano, pepper and garlic together in large bowl.
2. Add crab, potatoes, Monterey Jack cheese and onions to bowl; mix thoroughly.
3. Pour mixture into well-greased 4" deep pan.
4. Top with Parmesan cheese and cover with foil.
5. Bake at 350°F for 25 minutes. Remove foil and stir to bring cooked frittata into center, letting raw mixture run to outer edges.
6. Bake an additional 20 to 30 minutes until internal temperature reaches 165°F.

