

Potato Cup Frittatas

Crispy baked potato cups filled with a spicy, frittata.

Ingredients for Potato Cups:

2 ten ounce Idaho Russet Potatoes
1 tbsp flour
1-2 tbsp oil
salt & pepper

Ingredients for Frittata:

6-7 eggs
1/4 cup chopped sweet pepper
1/4 cup chopped onion
1/4 cup diced jalapeno
1/4 cup cream (half-n-half)
1/4 cup chopped cilantro
1/2 cup crumbled or shredded cheese
1-2 tbsp green chiles
1/2 tsp cumin
salt & pepper to taste



For added instruction and entertainment, [watch the video.](#)

Notes: Makes 12 Potato Cups and filling. Try adding other herbs, seasonings or shredded cheese to suit your taste. Potato Cups can also be baked completely and filled for an extra crunchy appetizer. For this Frittata, I used Queso Fresco, a soft Mexican cheese, garnished with halved, grape tomatoes and served with mashed avocado, salsa and sour cream.

Directions:

1. Peel and grate two, ten ounce Idaho Russet Potatoes. Rinse shredded potato and squeeze or strain to remove excess water. **TIP:** A squeeze of lemon will keep your potatoes white.
2. Toss shredded potato with flour, olive oil, pepper, and salt. Add other seasonings or shredded cheese to suit your taste.
3. Brush or spray a 12 cup muffin pan with oil.
4. Press the potato mixture into the bottom and up the sides to form cups. It's OK if the potato pieces stick up, because the cups will shrink while baking.
5. Bake the cups in a preheated 375(F) oven for 30-40 minutes, depending on how crunchy you want your cups to be.
6. While the cups are baking, prepare the Frittata. Saute onion, jalapeno and red bell pepper in one teaspoon oil, just until soft. Allow to cool slightly before adding to eggs.
7. Beat the eggs vigorously and add the sauteed vegetables, cream, cumin, cilantro, green chilies and cheese. Salt & pepper to taste.
8. Take the potato cups from the oven and distribute egg mixture. Return to the oven and continue baking until eggs are set 10-15 minutes.
9. Share and enjoy.