

Breakfast | Dinner

Fresh Vegetable Frittata

20 Mins
Prep Time

40 Mins
Cook Time

4
Servings

 **250 Calories** **17g Fat** **6g Carbs** **17g Protein**



Ingredients

 **4 Servings** • **1 Quarter Frittata Serving Size**

 **60 Mins Total Time**

 **Allergens: Egg, Dairy, FODMAPs, Nuts**

8 Eggs 

1 Cup Almond Milk, plain

3 Tsp Extra Virgin Olive Oil

1 Medium Onion, diced

2 Cloves of Garlic, minced

1 Cup Mushrooms, sliced 

1 Cup Cherry Tomatoes, halved 

1 Cup Fresh Basil, finely chopped

½ Cup Crumbled Feta Cheese

Salt and Pepper, to taste

Nourishment Note



Eggs

Eggs are an excellent source of lean protein to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.



Mushrooms

Mushrooms contain B vitamins which may help increase energy levels when tired. They are also rich in glutathione a substance that may help protect cells from inflammation in chronic illnesses.



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.

Instructions

1. Preheat Oven

Preheat the oven to 350°F.

2. Whisk Eggs

Whisk together the eggs and almond milk in a large bowl and season with salt and pepper.

3. Cook Onion & Garlic

Heat the olive oil in a large skillet on medium high heat and add the onion and garlic, cooking until the onion becomes lighter in color.

4. Cook Mushrooms

Add the mushrooms and cook for about 3-5 minutes until they soften.

5. Add Tomatoes

Add the tomatoes and cook for 1-2 minutes.

6. Add Egg Mixture

Reduce the heat to low and pour egg mixture into the pan, making sure it coats everything.

7. Add Basil & Feta

Add the basil and feta over the top, cook for 8-10 minutes until the base starts to form.

8. Bake

Remove the skillet from the stove and place in the oven. Bake for 5-7 minutes until a knife comes out clean when inserted in the middle. Be sure to use an oven mitt when removing the pan!

9. Cool & Serve

Allow to cool slightly and cut to serve.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Knife



Cutting Board



Whisk



Frying Pan

RA Cooking Tips

Eggs: Use pre-scrambled eggs or egg whites to save time and reduce hand strain.

Mushrooms & Onions: Use pre-sliced mushrooms and pre-diced onions to reduce cooking preparation and minimize hand strain.

Muffin Tins: This recipe can also be made in muffin tins for individual egg muffins. Combine all of the ingredients into a large bowl and combine. Pour into muffin tins and bake until done.

Allergen Swap

Egg There is no replacement for eggs.

Dairy Omit feta cheese or use a vegan alternative such as Daiya®.

FODMAPs Omit onion and garlic or use garlic infused olive oil; Omit mushrooms.

Nuts Replace almond milk with a nut-free version.