

Breakfast | Dinner

Fresh Vegetable Frittata

Side Effect: Weight Loss/ Loss of Appetite

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, Nuts

8 Eggs 🍴

1 Cup Almond Milk, plain

3 Tsp Extra Virgin Olive Oil

1 Medium Onion, peeled and diced

2 Cloves of Garlic, minced

1 Cup Mushrooms, washed and sliced 🍴

1 Cup Cherry Tomatoes, washed and halved 🍴

1 Cup Fresh Basil, washed and finely chopped

½ Cup Crumbled Pasteurized Feta Cheese

Salt and Pepper, to taste

Allergen Swap

Egg There is no replacement for eggs.

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

Nuts Replace almond milk with cow's milk or a nut-free milk alternative.

Nourishment Note



🍴 Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.



🍴 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.



🍴 Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene may prevent or slow down the progression of certain types of cancer, including breast and prostate cancers.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 350 °F.

3. Whisk Eggs

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

4. 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.

5. Cook Mushrooms

Add the mushrooms, cooking for about 3-5 minutes until they soften.

6. Add Tomatoes

Add the tomatoes and cook for 1-2 minutes.

7. Add Egg Mixture

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

8. Add Basil & Feta

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

9. Bake

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

10. Cool & Serve

Allow to cool slightly and cut to serve.

11. Wash Hands

Wash hands with soap and water.

What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Knife



Cutting Board



Whisk



Garlic Press



Large Ovenproof Frying Pan

Fatigue Buster

- Use pre-sliced mushrooms and pre-diced onions to reduce cooking preparation time.
- Purchase pre-minced garlic.

Recipe adapted from: [foodgawker.com](https://www.foodgawker.com)