

Breakfast | Dinner

Veggie Frittata

15 Mins **Prep Time**

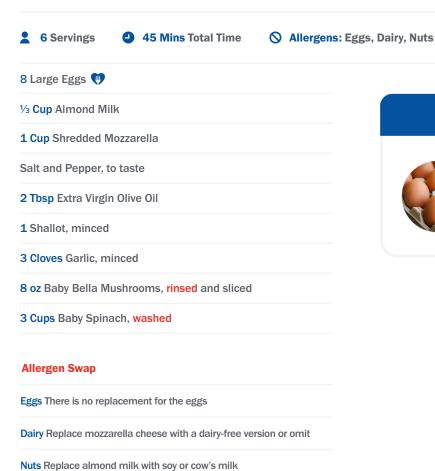
30 Mins **Cook Time**

Servings

272 Calories 21g Fat 5g Carbs 16g Protein



Ingredients



Nourishment Note



(7) Eggs

Eggs contain high amounts of protein. Protein needs can often be higher with HIV.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 375°F. In a medium bowl, whisk together eggs, almond milk and mozzarella. Season with salt, pepper and a pinch of red pepper flakes.

3. Sanitize

Wash hands and surfaces that came in contact with raw egg.

4. Heat Skillet

In a large skillet over medium heat, heat oil. Add shallot and garlic and cook until soft, another 5 minutes or more. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.

5. Add Egg Mixture

Pour egg mixture into skillet then transfer skillet to oven.

6. Bake

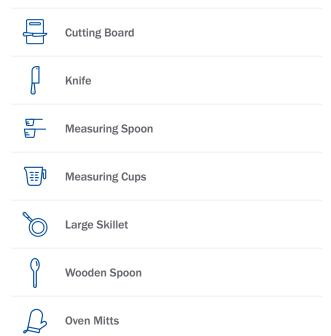
Bake until eggs are just set, about 12-20 minutes.

7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from Delish

What You'll Need



Fatigue Buster

· Use jarred, minced garlic.

Whisk

- · Purchase sliced mushrooms.
- · Purchase pre-washed baby spinach.
- · Ask a friend or family member to prepare this dish for you.