

Breakfast | Dinner

## Veggie Frittata

**15 Mins**  
Prep Time

**30 Mins**  
Cook Time

**6**  
Servings

 **272** Calories   **21g** Fat   **5g** Carbs   **16g** Protein



## Ingredients

 **6** Servings    **45 Mins** Total Time    **Allergens:** Eggs, Dairy, Nuts

**8** Large Eggs 

**1/3 Cup** Almond Milk

**1 Cup** Shredded Mozzarella

Salt and Pepper, to taste

**2 Tbsp** Extra Virgin Olive Oil

**1** Shallot, minced

**3 Cloves** Garlic, minced

**8 oz** Baby Bella Mushrooms, **rinsed** and sliced

**3 Cups** Baby Spinach, **washed**

### Allergen Swap

**Eggs** There is no replacement for the eggs

**Dairy** Replace mozzarella cheese with a dairy-free version or omit

**Nuts** Replace almond milk with soy or cow's milk

### Nourishment Note



#### 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



Cutting Board



Knife



Measuring Spoon



Measuring Cups



Large Skillet



Wooden Spoon



Oven Mitts



Whisk

### Fatigue Buster

- Use jarred, minced garlic.
- Purchase sliced mushrooms.
- Purchase pre-washed baby spinach.
- Ask a friend or family member to prepare this dish for you.