

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 Registered Dietitians,  
Beth Eggleston and Emily Parsell

## 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.