

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, 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 and all cooking surfaces with soap and warm water before beginning.

### 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 Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

## 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)