

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. Clean Up

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.