



Nourish Recipe

## Sun Dried Tomato Frittata

Servings: 4

Recipe courtesy of  
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### What you'll need



measuring  
spoons



measuring  
cups



bowl



non-stick  
skillet



baking dish



### Ingredients

8 organic eggs

3 Tbsp nutritional yeast

½ cup non-dairy milk

½ tsp sea salt

Pepper to taste

1 clove garlic, minced

4 cups spinach or other dark leafy green

¼ cup scallions, sliced thin

2 Tbsp olive oil

¼ cup fresh basil, sliced thin + extra for garnish

½ tsp smoked paprika

½ cup sun dried tomatoes packed in oil and drained or  
dried and soaked in water

¼ tsp red pepper flakes

## Sun Dried Tomato Frittata

### Instructions

1. Preheat the oven to 450°F.
2. In a bowl, whisk the eggs (8), nutritional yeast (3 Tbsp), milk (½ cup), salt (½ tsp), pepper and garlic (1 clove).
3. In a medium skillet, saute the spinach (4 cups) and scallions (¼ cup) in olive oil (2 Tbsp) over medium-low heat until spinach is mostly wilted.
4. Pour the egg mixture into your skillet with the spinach. Gently stir in the basil (¼ cup), paprika (½ tsp), sun dried tomatoes (½ cup) and red pepper flakes (¼ tsp).
5. Pour into a baking dish and bake in the oven until it puffs up and becomes golden brown. 25-30 minutes or until the eggs are set.
6. Remove from the heat and let sit for 5 minutes before serving. Top with basil garnish and serve.

### Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **288**

% Daily Value

**Total Fat** 19.2g **25%**

Saturated Fat 4.1g **20%**

**Cholesterol** 327mg **109%**

**Sodium** 495mg **22%**

**Total Carbohydrate** 13.1g **5%**

**Dietary Fiber** 5g **18%**

**Sugars** 2.2g

**Protein** 19.9g

Vitamin D 31mcg **154%**

Calcium 100mg **8%**

Iron 4mg **21%**

Potassium 570mg **12%**



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