

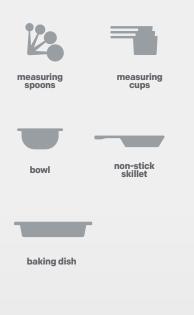
Sun Dried Tomato Frittata

Servings: 4

Recipe courtesy of **Prescribe Nutrition**



What you'll need



Ingredients

- 8 organic eggs
- **3** Tbsp nutritional yeast
- 1/2 cup non-dairy milk
- 1/2 tsp sea salt
- Pepper to taste
- 1 clove garlic, minced
- 4 cups spinach or other dark leafy green
- 1/4 cup scallions, sliced thin
- 2 Tbsp olive oil
- ¼ cup fresh basil, sliced thin + extra for garnish
- ¹/₂ tsp smoked paprika

 $\frac{1}{2}$ cup sun dried tomatoes packed in oil and drained or dried and soaked in water

1/4 tsp red pepper flakes



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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).
- In a medium skillet, saute the spinach (4 cups) and scallions (½ 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 (½ cup), paprika (½ tsp), sun dried tomatoes (½ cup) and red pepper flakes (½ 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.



Servings 4

Amount Per Serving

Calories	288
% Da	ily 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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