



**NUTRITION
MONTH 2022**

Recipes for Healthy
Sustainable Eating

Simple Mushroom, Spinach and Tomato Frittata

This satisfying meal uses only seven main ingredients and goes from stovetop to tabletop in fewer than 30 minutes! Made in one pan, packed with protein, and brimming with veggies, this dish is a triple delight: fast, healthy and tasty.

Prep time: 8 minutes

Bake time: 7 minutes

Yields 4 servings

INGREDIENTS

1 Tbsp (15 mL) butter

3 cups (750 mL) sliced cremini mushrooms

8 eggs

1 cup (250 mL) Greek yogurt

1/2 tsp (2 mL) each salt and fresh ground pepper

1 cup (250 mL) grated Swiss cheese, divided

3 cups (750 mL) baby spinach

1 cup (250 mL) grape or cherry tomatoes, halved

PREPARATION

Preheat oven to 350°F (180°C).

In a 12-inch (30 cm) ovenproof skillet, melt butter over medium-high heat; add mushrooms. Cook 2 minutes; stir. Cook 3 more minutes, stirring halfway through or until mushrooms are golden-brown. Set aside a couple of mushrooms for garnish.

Meanwhile, in large bowl, whisk together eggs, yogurt, salt and pepper until smooth. Whisk in half of the cheese; set aside.

Reduce heat to medium. Add spinach and cook, stirring until wilted, about 1 minute. Pour egg mixture over top; stir gently. Top with tomatoes, cut side facing up, remaining cheese and reserved mushrooms. Cook 2 minutes or until there are several bubbling spots in egg mixture.

Bake 5 minutes. Turn on broiler; broil for 1 to 2 minutes or until set. Remove from oven. Let stand 5 minutes.

NUTRITION TIP

Including enough protein with your meals will help tame your hunger and keep you feeling satisfied longer. So it is a good idea to add protein foods included in Canada's Food Guide at every meal, like the cheese, Greek yogurt and eggs featured in this frittata.

FOR THE ENVIRONMENT

Frittatas are an ideal way to use up various ingredients and leftovers in your fridge. This helps minimize food waste, which is key to reducing your diet's environmental impact. This frittata works perfectly with slightly wilted spinach, mixed bits of cheese and those random mushrooms languishing at the bottom of your crisper.

Your dietitian

Name: _____ **Organization:** _____

Contact: _____

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