

the Fresh Food Rx

Food Connection



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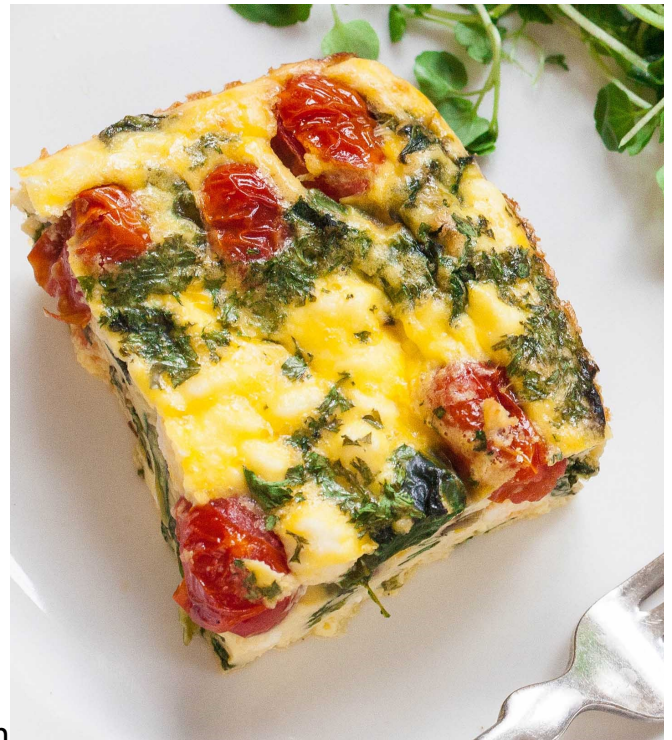
Spinach, Tomato & Cheese Egg Bake (*frittata*)

Ingredients:

1 large tomato, or 1-2 cups cherry tomatoes
1 onion
Olive oil
3 1/2 cups spinach
3/4 cup milk
12 large eggs
1 cup cheese, shredded
Salt & pepper

Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Grease a 2 quart baking dish.
- 3) Chop tomato or cut cherry tomatoes in half.
Slice or dice onions.
- 4) Heat a medium skillet and add a tablespoon or so of oil. Add the onion and cook until soft, then add tomato and cook another 2-3 minutes.
- 5) Add the spinach, and a pinch of salt. Stir and cook until spinach is wilted. Remove skillet from heat.
- 6) Whisk together the milk and eggs, seasoning with salt and pepper. Mix in the shredded cheese.
- 7) Add cooked vegetables into baking dish, spreading evenly. Pour egg mixture on top.
- 8) Bake for 40-45 minutes, or until the eggs are set. You can also make this recipe in a muffin tin for individual 'egg muffin cups' to warm up later. Can be stored in the refrigerator for a week.



Recipe adapted from simplyrecipes.com

*A **frittata** is an Italian egg dish, similar to a quiche without the crust, an omelet, or scrambled eggs with meat or vegetables added. Frittatas are a great way to use extra eggs and leftover vegetables like greens, potatoes, tomatoes, etc. They are perfect for breakfast or dinner!*



Have trouble getting going in the morning?

Here are some healthy ways to start your day!

- ♦ As we age, we get less thirst signals from the brain, so even though our bodies need hydration and water, our brain may not be giving this information. **Drink a tall glass of water (10-12 fluid ounces) before touching coffee, tea, or breakfast!**
- ♦ **Go for a walk.** Walking is a great activity that can help with clearing your mind and keeping your body in shape. Try starting with even a 5-minute walk, and then work up to a 20 or 30-minute walk daily.
- ♦ **Start a gratitude journal.** Each morning think of 3-5 things you are grateful for. You will start the day more positive focusing on things that make you happy.
- ♦ **Plan for the day.** Make it a goal to plan at least one event each day, even if that just includes going for your morning walk.
- ♦ **Eat breakfast!** Whether it is the same routine of oatmeal or mixing in something new like blueberries or peanut butter, food provides our bodies with energy and helps with focus.

Do your best to make each day count, but also give yourself grace and self-appreciation in what can be achieved.



3 Things I'm Grateful for Today:

1)

2)

3)

"Out of the mountain of despair, a stone of hope." - Dr. Martin Luther King, Jr.