

BREAKFAST

Frittata (Baked Egg Omelet)

Makes 4 servings · 1 wedge (about ¾ cup) each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 12 g · Fiber 1 g · Calories 145	

Ingredients

- 6 eggs
- ¼ cup whole milk
- ¼ cup cheese of choice (feta, cheddar, etc.)
- ½ cup diced vegetables (spinach, mushrooms, bell peppers, onion, etc.)
- ¼ tsp cracked black pepper
- Salt to taste

Directions

1. Preheat the oven to 350°F.
2. In a bowl, whisk together the eggs, milk, salt, and black pepper.
3. Stir the diced vegetables into the egg mixture.
4. Pour into an oiled baking dish and sprinkle the cheese on top.
5. Bake 20–30 minutes, until fully set and cooked through. Serve warm.

Note: Salsa makes an optional topping.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Frittata (Baked Egg Omelet)

Makes 4 servings · 1 wedge (about $\frac{3}{4}$ cup) each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Vegetables of choice — spinach, mushrooms, bell pepper, or onion (about $\frac{1}{2}$ cup diced)

DAIRY & EGGS

- ☐ 6 eggs ($\frac{1}{2}$ dozen)
- ☐ Whole milk — small carton
- ☐ Cheese of choice — feta or cheddar (small block or $\frac{1}{4}$ cup shredded)

CHECK YOUR PANTRY

- ☐ Cooking oil (for greasing the dish)
- ☐ Salt
- ☐ Black pepper