

Cheese, Tomato and Mushroom Frittata

We've lovingly provided two recipes for you. A healthy way to start your day and the right ingredients for a healthier life.

Ingredients List:

4 large eggs	3 garlic cloves, minced
¼ cup finely chopped green bell pepper	¼ teaspoon pepper
1 cup grated Swiss cheese	½ cup chopped tomatoes
½ cup chopped mushrooms	1 tablespoon olive oil
½ teaspoon salt	¼ cup finely chopped red onion

In a medium bowl, whisk together eggs, half of the Swiss cheese, salt and pepper. Set aside. In a large, non-stick skillet heat 1 tablespoon olive oil over medium heat and sauté onion, bell pepper, mushrooms, and garlic until peppers are barely tender, about 3 minutes. Add tomatoes and increase heat to medium-high. Cook for one minute longer. Pour egg mixture over tomato and pepper mixture and cook the frittata, without stirring, for about 8 minutes, or until the edge is set, but the center is still soft. Sprinkle the remaining Swiss cheese over the top of the frittata. Broil the frittata under a preheated broiler for 2 to 3 minutes, or until the cheese is golden. Let cool for 5 minutes before serving. Makes 2 servings. Option: Substitute 2 egg whites per egg to reduce fat.



*Brunch for Two
Made by You*

Nutrition info per serving:

30gm Protein, 42gm Total Fat. 475mg Cholesterol, 586mg Calcium, 76 IU Vitamin D

Recipe for a Healthier You

Good breast health, good bone health – this recipe contains the right ingredients for taking care of yourself.

1. Have a mammogram every year starting at age 40. Having an annual breast exam is the best chance of early detection.
2. If you are concerned about discomfort, ask for **MammoPad®** for a softer, warmer, more comfortable mammogram. To learn more, visit www.mammopad.com.
3. Be sure to get your daily recommended amounts of calcium (1,000-1,200 mg) and vitamin D (400-800 IU). This will help keep bones strong and healthy.
4. Engage in regular weight-bearing exercise and avoid smoking and excessive alcohol.
5. Talk to your doctor about bone health and ask about a bone density test.

For more tips on breast and bone health, see www.cancer.org and www.nof.org.



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