



LINDGREN
functional medicine

HOW TO BUILD A FRITTATA



FLAVOR COMBOS

- spinach + artichoke hearts + feta
- broccoli + chives + cheddar
- arugula + mushroom + goat
- tomato + basil + mozzarella
- asparagus + olives + feta
- fresh herbs + onion + parmesan
- dill + salmon + capers + goat
- pepper + onion + tomato + taco seasoning + cheddar
- potato + parsley + onion + goat
- red pepper + sausage + avocado
- bacon + spinach + tomato + feta
- asparagus + ham + swiss
- zucchini + mozzarella
- sweet potato + chive + goat
- kale + tomato + sausage
- mushroom + carrot + goat
- potato + bacon + arugula + feta
- kale + olives + ham + cheddar

1 VEGETABLES

3 cups, chopped & sautéed

- spinach
- kale
- arugula
- herbs
- asparagus
- onion
- bell pepper
- artichoke
- mushroom
- tomato
- carrot
- zucchini
- broccoli
- potato
- sweet potato

2 EGGS

1 dozen, whisked

3 DAIRY

3-4 Tbsp

*maximize
nutrients with
veggies*

- whole milk
- heavy cream
- half & half
- crème fraîche
- sour cream
- yogurt
- unsweetened
- non-dairy milk

4 SALT

1/2 tsp

5 HEALTHY FAT

1 cup

*mix in or melt
cheese on
top*

- goat cheese
- feta
- cheddar
- parmesan
- swiss
- mozzarella
- olives
- avocado
- bacon, ham, sausage
- salmon

INSTRUCTIONS

1. Preheat oven to 425°F.
 2. Sauté chopped veggies with olive oil in cast-iron or non-stick pan until tender.
 3. Whisk eggs. Add dairy, salt, and fats.
 4. Pour over veggies. Cook 30-60 seconds on stovetop.
 5. Transfer into hot oven, bake 20-25 min until just set (do not over-bake).
- Alternative: Bake at 350°F in muffin tins ~15 min.*