



*Wellnesssleuth* **Recipes**

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delicious food

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## SPINACH AND PEPPER MINI FRITTATAS

### INGREDIENTS:

- *Ingredients*
- *½ cup chopped onion*
- *1 tablespoon Olive Oil*
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- *¼ cup chopped red bell pepper*
- *1 (10-ounce) package frozen spinach, thawed and squeezed dry*
- *8 eggs*
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- *½ cup milk*
- *¼ teaspoon salt*
- *¼ teaspoon black pepper*
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- *1 cup shredded goat cheese*
- *Note: Use Dairy-free milk, such as Coconut milk, for a healthier frittata.*

### DIRECTIONS

- **1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin pan with cooking spray.**
- **2. Heat up a large skillet on medium heat, then add red pepper and ½ teaspoon each salt plus black pepper for an extra kick.**
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- **3. Cook, stirring occasionally until tender but not browned - 6-8 minutes! After that remove from the stovetop while adding in onions before returning back over low warmth so they can get nice and cooked through without burning or drying out too much along the way...**
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- **4. In a large bowl, combine onion, bell pepper, spinach, eggs, milk, salt, and black pepper. Stir in goat cheese.**
- **Note: Use Dairy-free milk, such as Coconut milk, for a healthier frittata.**
- **6. Pour the mixture into the prepared muffin pan. Top it off with goat cheese.**
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- **7. Bake for 20 minutes, or until a toothpick inserted into the center of a frittata comes out clean.**
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- **8. Remove from oven and let cool for 5 minutes before serving. Enjoy!**





**GRILLED  
POLENTA  
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



**EGG ROLL BOWLS**

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY  
SALAD WITH  
RASPBERRY  
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)