Egg-White Frittata

**Ingredients:**
- 2 Tbsp cooking oil
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1/4 yellow onion, chopped
- 1 tsp kosher salt
- 1 tsp black pepper
- 8 egg whites
- 1/2 cup feta cheese, crumbled
- 2 cups fresh spinach

**Directions:**
1. Preheat the oven to 375
2. In a heavy skillet, add cooking oil and bring to medium-low heat.
3. Sauté onions and peppers until vegetables are tender, about 7 minutes.
4. Sprinkle the mixture with salt and pepper.
5. Pour egg whites into the skillet and cook for 3 minutes.
6. Sprinkle the top with feta and spinach.
7. Put skillet into the oven and bake, uncovered, for 8-10 minutes.
8. Loosen the edges of the frittata and then invert onto a plate.

https://www.popsugar.com/fitness/Egg-White-Frittata-Recipe-35516365
Mark Your Calendars

**Medical Movie Night!**

The Wellness Advocacy Committee is excited to host a showing of:

**Patch Adams**

in the

Student Commons

August 25th
7:00 PM

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### Mindfulness Resources

The wellness website has lots of great mindfulness tools for you to explore.

Check out the app suggestions, reading ideas, and the mindfulness quiz. In addition to the website resources, there are also several mindfulness books in the Wellness Room on the 2nd floor.

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**Mindfulness Resources**

- Cognitive Neuroscience of Mindfulness
- Mindfulness Quiz
- Self-Guided Meditation Exercises
- Insight Timer App
- Headspace App
- Sharon Salzberg 28-Day Meditation
Wellness Weekly Challenge

Make Your Bed…..

Admiral William H. McRaven served the US with the Navy Seals and now serves as Chancellor for the University of Texas System. He is the author of the book titled, “Make Your Bed: Little Things That Can Change Your Life… And Maybe the World.” In the video linked below, Admiral McRaven offers graduates insight into his book’s message and the positive effect of a simple task. The video is (in my opinion) an excellent way to spend 6 minutes of your day.…

Spicy Roasted Harvest Vegetables with Fried Eggs

Ingredients:

- 2 Tbsp coconut oil, divided
- 1 medium yellow onion, diced
- 3 medium zucchini, chopped
- 1 cup crimini mushrooms, chopped
- 1 small eggplant, chopped (2 cups)
- 1 green bell pepper, chopped
- 1/2 tsp sea salt
- 1/2 tsp chipotle chili powder
- 1 tsp urfa biber
- 2 heirloom tomatoes, chopped
- 3 green onions, diced
- 4 eggs

Directions:

1. Preheat oven to 400
2. Toss 1 Tbsp coconut oil with onion, zucchini, mushrooms, eggplant, bell peppers, salt, chili powder, and urfa biber.
4. Add remaining oil to pan and cook eggs.
5. Place eggs over to plates of vegetable mixture.