



VETS CHAT INC.

The Vets Chat & Chew Program

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TIPS FROM THE VETS CHAT AND CHEW PROGRAM TO KEEP YOU HEALTHY DURING CORONA VIRUS DAYS

The Vets Chat and Chew Program has served hundreds of veterans, active military and their family members. During these trying times, here are some reminders and recipes on how to keep your immune system strong!

First and foremost **STAY AWAY FROM SUGAR PRODUCTS**. Sugar is a depressant and breaks down your immunity. Eat more lean protein—it is a good mood food. Eggs are the most perfect protein you can eat. Keep hard boiled eggs around to eat when you feel hungry. Eat one when you crave sugar. **EAT LOTS OF VEGETABLES**. Vegetables are the key to a strong immune system. Eat them with every meal. You may also lose weight!

Here is a recipe for a frittata that you can easily make and freeze. Eat for breakfast, lunch or dinner. Put any vegetable you want in it! It is a very good way to keep you and your family healthy.

BREAKFAST FRITTATA----serves 6-8. Total time: 30 minutes depending on oven. This can be a Quiche---Quiche has a crust, Frittata is without a crust and therefore less caloric and time consuming to make.

Ingredients: 6 eggs, 2 tablespoons half-and-half (milk or water), a pinch of salt and pepper, 2 TBS butter or coat pan liberally with cooking spray, 2 cups broccoli florets, 1 small onion (chopped about ½ cup), 1 tomato (seeded and chopped), ½ cup shredded cheddar cheese

Directions: Heat a broiler. In a medium bowl, beat together 6 eggs, half & half, salt & pepper. Heat a cast iron skillet or 8- or 9-inch nonstick skillet over medium heat. Add 2 tablespoons butter or coat the pan liberally with olive oil. Add 2 cups broccoli florets, 1 small onion, chopped (about 1/2 cup) and cook until crisp-tender, about 2 minutes. Add 1 tomato, seeded and chopped, cook 2 minutes more. Pour the egg mixture over the broccoli mixture and cook until the eggs begin to set. Sprinkle 1/2 cup grated or shredded Cheddar cheese over top. Reduce the heat to medium low and cook until the top of the frittata is almost set but still a little runny, about 2 minutes. Place the pan under the broiler and broil until the top is set and golden, about 5 minutes. Carefully remove the pan from the oven and let rest 2 minutes. Using a rubber spatula, loosen the frittata and slice in the pan or remove to another plate and slice.

Tip: can substitute caramelized onions, potato, asparagus for a change of pace. Can freeze and use as needed

