

Your recipe

# Spotlight on *improved focus*

If you’re hoping to amp up your brainpower, think about how you’d eat for heart health. “Basically, what’s good for the heart is good for the brain,” Magee said.



The brain is highly susceptible to oxidative damage and inflammation, she explained. Take care of it by focusing on foods rich in antioxidant and anti-inflammatory compounds. Think colorful fruits and vegetables, nuts, olive oil and fatty fish.<sup>10</sup>

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Consult your doctor before making diet changes, especially if you have food allergies or medical conditions.

## Focus up frittata

 **Time to cook:** 30min  
 **Serves:** 2

Here’s a protein-packed recipe you can make for breakfast, lunch or dinner that’s a tasty way to get in those colorful veggies.

## Ingredients

- 1 avocado
- 2 oz cheddar cheese
- 6 eggs
- ½ small bunch green onions or scallions
- 1 jalapeño pepper
- 1 red bell pepper
- ½ medium red onion
- ⅛ tsp black pepper
- 1 pinch chili powder
- 1 pinch ground cumin
- 1 tbsp extra virgin olive oil
- ¼ tsp salt



## Directions

1. Wash and dry bell pepper, jalapeño pepper, avocado and green onions or scallions.
2. Preheat the oven to the broil setting and position the rack in the upper third of the oven.
3. Quarter the bell pepper lengthwise. Remove and discard the stem, seeds and membranes. Slice the quarters crosswise into small strips and transfer to a medium bowl.
4. Quarter the jalapeño pepper lengthwise. Remove and discard the stem, seeds and membranes. Finely dice the pepper and add to the bowl with the bell pepper.
5. Preheat an ovenproof skillet over medium heat.
6. Trim off and discard the ends of the onion and remove the outer layer. Halve the onion lengthwise, then thinly slice crosswise. Add to the bowl with the peppers.
7. Trim and discard the ends of the green onions. Cut the onions crosswise into ¼-inch pieces at an angle. Transfer to a small bowl.
8. Once the skillet is hot, add olive oil and swirl to coat the bottom.
9. To the skillet, add the peppers, onion and about ¾ of the green onions. Save the rest of the green onions for garnishing. Season with chili powder, cumin, salt and pepper. Cook, stirring frequently, until the vegetables have softened, 4 to 6 minutes.

10. Coarsely grate cheddar cheese.
11. In a medium bowl, whisk together the cheddar, eggs, water, salt and pepper.
12. Pour the egg mixture into the skillet. While tilting the skillet with one hand, lift up the edges of the frittata with a spatula and let the eggs run underneath during the first few minutes of cooking. Cook until most of the frittata is set, but the top is still runny, 4 to 5 minutes.
13. Halve the avocado lengthwise and twist the halves to separate, then remove the pit with a knife or spoon. Thinly slice the flesh crosswise without piercing the skin and scoop out.
14. Transfer the skillet to the oven and broil until the top is set and lightly browned, 2 to 3 minutes.
15. To serve, cut the frittata into wedges and divide between plates. Top with avocado slices and remaining green onions. Enjoy!