



STRONG. SUCCESSFUL. TRUSTED.
NORTHERN CALIFORNIA
PERSONAL INJURY
LAWYERS

- Neck Pain After an Accident? Don't Ignore Whiplash Warnings!
- More Than a Bump on the Head: Understanding TBI
- Recipe of the Month - Spinach and Potato Frittata



[Read More Here](#)

March is Brain Injury Awareness Month, highlighting a seemingly "invisible" condition with profound consequences. This year's continuation of the **"My Brain Injury Journey"** campaign means it is the perfect time to offer some outreach on this subject, particularly since we have helped so many of those affected.

[Read More Here](#)



Give us a call at
(855) 999-9000 or (916) 999-9000

Contact Us Today for a Free, Same-Day Consultation.

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

- 2 tablespoons of olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 large eggs
- 1/3 cup of milk
- 1/2 cup of shredded Cheddar cheese



1. Gather all ingredients.
2. Heat olive oil in a medium skillet over **medium heat**. Cook potatoes in hot oil, stirring occasionally, until tender but firm, about 10 minutes.
3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes.
4. Beat together eggs and milk in a medium bowl. Pour over vegetables in the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes.
5. Slice and enjoy!

Recipe courtesy of allrecipes.com.

Jelena Tiemann

1500 River Park Drive
Sacramento, CA 95815

201 Spear Street Suite 1100,
San Francisco, CA 94105

1999 Harrison St. 18th Floor,
Oakland, CA 94612

[CONTACT US →](#)

(855) 999-9000
or (916) 999-9000



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of an attorney. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional legal advice.