

## Broccoli Chicken Frittata

### Serves 4

#### Equipment Needed:

Cutting board and knife  
Measuring cups and spoons  
Medium skillet or electric frying pan  
Spatula  
Nonstick cooking spray

#### Ingredients:

2 tsp. olive or canola oil  
1 c. finely chopped fresh broccoli florets  
1 c. diced red pepper  
1 (6-oz.) boneless skinless chicken breast,  
cooked and finely diced  
¼ c. diced onion  
¼ tsp. dried thyme  
¼ tsp. dried oregano  
⅛ tsp. black pepper  
⅓ c. grated reduced-fat cheddar cheese  
2 c. egg substitute

#### Directions:

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In a large skillet, heat oil over medium heat. Add broccoli, red pepper, cooked chicken, onion, thyme, oregano and black pepper. Sauté until vegetables are tender and chicken is heated through (about 5-6 minutes).
3. Sprinkle grated cheese evenly over surface of vegetable mixture.
4. Pour egg substitute evenly over all ingredients.
5. Cover and cook for 8-10 minutes or until firm.
6. Final temperature should be a minimum of 165 degrees.
7. Cut into four wedges and serve.



#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 wedge (231g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 2mcg	<b>10%</b>
Calcium 139mg	<b>10%</b>
Iron 3mg	<b>15%</b>
Potassium 540mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

