



# Broccoli Chicken Frittata



## Serving Information

Makes approximately 4 servings

## 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. each dried thyme and oregano
- ⅛ tsp. black pepper
- ⅓ c. grated reduced-fat cheddar cheese
- 2 c. egg substitute

## Equipment

- Measuring cups and spoons
- Medium skillet or electric frying pan
- Spatula

## Directions

1. In a large skillet, heat oil over medium heat. Add broccoli, red pepper, chicken, onion, thyme, oregano and black pepper, sautéing until vegetables are tender and chicken is heated through (about 5-6 minutes).
2. Sprinkle grated cheddar evenly over surface of vegetable mixture.
3. Pour egg substitute evenly over all ingredients.
4. Cover and cook for 8-10 minutes or until firm.
5. The final temperature should be 165<sup>0</sup> F.
6. Cut into four wedges and serve.

<b>Nutrition Facts</b>			
Serving Size (245g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 210</b>	<b>Calories from Fat 80</b>		
<b>% Daily Value*</b>			
<b>Total Fat 9g</b>	<b>14%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
<b>Cholesterol 30mg</b>	<b>10%</b>		
<b>Sodium 510mg</b>	<b>21%</b>		
<b>Total Carbohydrate 6g</b>	<b>2%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 3g			
<b>Protein 28g</b>			
Vitamin A 45%	• Vitamin C 150%		
Calcium 15%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source: Dining with Diabetes WVUES, 2000-present



