



CHICKEN CACCIATORE FRITTATA

Serves 2

INGREDIENTS

- 1 Tbsp. olive oil (15 ml)
- 1/2 c. diced onion (64 g)
- 1 clove garlic, pressed or minced (1 tsp./4 g)
- 1/2 c. diced bell pepper (75 g)
- 3 oz. cooked chicken breast, diced or shredded (85g)
- 1/4 c. low sugar marinara sauce such as Rao's (60 ml)
- 1/4 tsp. dried oregano
- 1/4 tsp. dried basil
- 1/8 tsp. red pepper flakes (optional)
- 4 large eggs
- 2 Tbsp. milk (30 ml)
- 1/4 c. shredded mozzarella cheese (28 g)

DIRECTIONS

- 1** Preheat the oven to 375°F (190°C).
- 2** Heat olive oil in a medium oven-safe skillet over medium heat.
- 3** Add onion and sauté for 3 minutes until softened.
- 4** Stir in garlic and diced bell pepper, cooking for another 5 minutes until tender.
- 5** Add cooked chicken, marinara sauce, oregano, basil and red pepper flakes, stirring to combine.
- 6** In a bowl, whisk eggs and milk together until well combined.
- 7** Pour the egg mixture over the chicken and vegetables, spreading evenly.
- 8** Sprinkle mozzarella cheese evenly on top.
- 9** Transfer the skillet to the preheated oven and bake for 15-18 minutes, or until the frittata is puffed and the center is set.
- 10** Let the frittata cool for 2 minutes before slicing and serving.

Notes:

- If you don't have an oven-safe skillet, transfer to a greased pie pan after step 5

FACTS

Prep time: 15 min.

Cook time: 23 min.

Total time: 38 min.

MFP: "FFC Chicken Cacciatore Frittata"

1 serving: 8.5 oz./241 g.

365 Calories

27P | 23F | 13C