



Chicken and Orzo Frittata

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3/4 cup orzo pasta
- 6 eggs
- 1/3 cup whole milk ricotta
- 1/4 cup creme fraiche
- 2 cooked chicken breasts, cubed (about 2 cups)
- 4 scallions, chopped
- 1/4 cup chopped Italian flat-leaf parsley
- 1/3 cup diced roasted red bell peppers
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Instructions

Preheat the oven to 375 degrees F.

Bring a small pot of salted water to a boil over high heat. Add the orzo and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta.

In a large bowl combine the eggs, ricotta, and creme fraiche and stir until the eggs are beaten and the ingredients are combined. Add the cooked orzo, chicken, scallions, parsley, red bell peppers, salt, and pepper. Stir to combine.

Pour the mixture into a 1 1/2-quart baking dish. Bake for 25 minutes. Turn on the broiler. Place the pan under the broiler until golden on top, about 5 minutes. Remove from the oven and let set for 5 minutes. Cut into wedges and serve with a side salad.

SERVINGS: 4 (MAIN); Calories: 330; Total Fat 17 grams; Saturated Fat: 8 grams;

Protein: 27 grams; Total carbohydrates: 14 grams; Sugar: 2 grams Fiber: 1 grams;
Cholesterol: 384 milligrams; Sodium: 772 milligrams