CHICKEN & BROCCOLI FRITTATA

Preparation Time: 10 - 15 minutes depending on the amount

Cooking Time: 15 – 20 minutes depending on the amount

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Broccoli, cut into florets	½ Cup	1 Cup	1 ½ Cups	2 Cups
Onion, finely chopped	1 Baby	2 Baby	1 Small	1 Medium
Chicken breast, skinless, boiled	1 Large	2 Large	3 Large	4 Large
Eggs	1 Medium	1 Large	2 Medium	2 Large
Milk, fat free (Skim)	½ Cup	1 Cup	1 ½ Cups	2 Cups
Mozzarella cheese, grated	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Black pepper, ground	To taste	To taste	To taste	To taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Preheat the oven.

- Bring a small amount of water to the boil in a heavy based saucepan.

- Add the broccoli and cook for 5 - 8 minutes until tender, then drain into a colander.

- Divide the broccoli, chicken and onion into a non-stick muffin tray according to the number of servings needed.

- Beat the eggs, milk, mustard seeds and mozzarella together. Season the egg mixture generously with freshly ground black pepper, then pour the mixture over the broccoli, onion and chicken.

- Bake for 15 - 20 minutes or until golden. Loosen the edges of the frittatas then turn out.

- Serve with a green salad and enjoy.

Tips to Reduce Preparation & Cooking Time:

- Buy an already cooked chicken in order to decrease preparation time.

- Buy already grated mozzarella cheese.

- Make extra frittatas and freeze them, they can be defrosted and enjoyed as a convenient meal at another stage.

Chicken and Broccoli Frittata - Analysis per Serving	
Energy:	
Calories (kcal):	200
Protein (g):	24.4
Total Fat (g):	8.2
Saturated Fat (g):	3.0
Monounsaturated Fat (g):	2.8
Polyunsaturated Fat (g):	1.4
Omega-3's (g):	0.2
Cholesterol (mg):	116.0
Carbohydrates (g):	6.7
Of which is sugars (g):	0.0
Fibre (g):	1.3
Sodium (mg):	148.0