

Episode: Multiply Your Meal

FRITTATA

Ingredients:

- 1 tbsp. olive oil
- 1 cup cooked chicken breast
- 1 cup sautéed peppers and onions
- 6 eggs
- 1 tbsp. chopped fresh parsley
- salt and pepper to taste

Directions: Preheat oven to 325 degrees. Heat pan and add 1 tbsp. olive oil and coat the bottom of the pan. Then add onions, peppers, and chicken in the pan. Crack eggs and beat them. Pour eggs over onions, peppers and chicken. Add parsley and put into preheated oven. Cook for about 10-15 minutes.

Serves: 4