

Chicken and Orzo Frittata

Estimated Prep Time: 20 min.

Makes: 6-8 servings

- 1 cup orzo pasta
- 8 eggs
- 2/3 cup whole milk ricotta
- 1/4 cup heavy cream
- 2 cooked chicken breasts, cubed
- 6 green onions, chopped
- 4 garlic cloves, chopped
- 1/4 cup chopped Italian flat-leaf parsley
- 1/2 cup diced roasted red peppers
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 cup Colby cheese
- 1/4 cup Parmesan cheese



Preheat the oven to 375 degrees. Combine Colby and Parmesan cheeses. 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 (about 8-10 minutes). Drain pasta.

In a large bowl, combine the eggs, ricotta, and heavy cream. Stir until the eggs are beaten and all ingredients are mixed together. Add the cooked orzo, chicken, green onions, garlic, parsley, roasted peppers, salt, and pepper. Combine together.

Pour the mixture into a 9 x 13 baking dish. Bake for 25 minutes. Turn on the broiler. Place the two cheeses on top and place under broiler for 5 minutes, until golden brown. Remove and let set for 5 minutes. Cut into squares; serve with fresh fruit for breakfast or with a salad for lunch.