

# AI-Generated Recipe

## Generated Recipe

### # One-Pan Chicken & Rice Frittata

**Description:** A simple, protein-packed frittata utilizing only chicken, rice, and eggs. Perfect for a quick and easy meal or a make-ahead breakfast.

**Yields:** 4 servings

**Prep time:** 15 minutes

**Cook time:** 30 minutes

#### **Ingredients:**

- \* 1 cup cooked chicken, diced (about 1 boneless, skinless chicken breast)
- \* 1 cup cooked rice (any variety)
- \* 6 large eggs
- \* Salt and pepper to taste

#### **Instructions:**

- Preheat oven to 350°F (175°C).** Lightly grease a 8-inch oven-safe skillet or baking dish.
- Combine ingredients:** In a large bowl, whisk together the eggs, salt, and pepper. Gently fold in the diced chicken and cooked rice. Ensure the rice is evenly distributed.
- Bake:** Pour the egg mixture into the prepared skillet. Bake for 25-30 minutes, or until the

frittata is set and lightly golden brown on top. The center should be just slightly jiggly.

4. **Cool and serve:** Let the frittata cool slightly before slicing and serving. It can be served warm or at room temperature.

**Nutritional Information (per serving, approximate):**

These values are estimates and will vary based on the specific ingredients used (e.g., type of rice, chicken breast size).

**Calories:** Approximately 250-300

**Protein:** Approximately 25-30g

**Carbohydrates:** Approximately 15-20g

**Fat:** Approximately 10-15g

**Note:** For added flavor, consider adding a pinch of dried herbs (like oregano or thyme) to the egg mixture. You can also adjust the amount of salt and pepper to your preference. Leftovers can be stored in the refrigerator for up to 3 days.

