

Greek Orzo Frittata

1 cup orzo
6-8 oz. cooked, shredded chicken (I poached mine and seasoned it with some salt, pepper, and oregano)
1 Tbsp. butter.
1 clove garlic, minced
3 cups loosely packed fresh spinach
8 eggs
1/3 cup plain Greek yogurt
1/4 cup fresh chopped parsley
1/2 cup seeded & diced tomatoes
3 oz. crumbled feta cheese, divided

Cook the orzo in boiling, salted water until al dente. Set aside to cool slightly (I usually leave just a little pasta water with it so it doesn't stick together or, this is a time where rinsing the pasta would be fine).

Whisk the eggs together with the Greek yogurt. Then, add in the cooked pasta, cooked chicken, parsley, tomatoes, and 2 oz. of the feta cheese. Set aside.

Preheat the broiler.

Heat a broiler-proof pan (cast iron works really well) over medium heat and melt the butter. Stir in the garlic until fragrant and then add the spinach until wilted.

Pour the egg mixture over the spinach and cook until the sides and outer edges of the frittata have started to set. Sprinkle the remaining cheese on the frittata, and place the pan under the broiler. Broil until the frittata has set and eggs are cooked through, and the top has browned.