

# Chicken Frittata

Satisfying the Six Tastes of Ayurveda in One Dish

Health and Wellness Coach

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# Ingredients

- 5- skin less boneless chicken thighs or 1 lb chicken breast (organic if available)
- Organic Spinach (2 cups cooked)
- 6 Mini Bell Peppers (organic if available)
- 2 cups of sliced organic mushrooms
- Sea Salt
- Pepper
- 5-6 organic eggs (dependent upon size of egg and size of dish)
- Organic Ghee
- Deep Dish Pie pan
- Rose Mary
- Tomatoes (optional) complete the six taste of Ayurveda in one dish



# Ingredients





# Step 1

- Season chicken to taste (Fresh Rosemary used but optional)
- Cover with foil
- Bake at 350 degrees until 190 degrees





# Step 2



- Set Chicken aside to cool while the other ingredients are prepared
- Wash and steam the spinach
- Afterwards place in a frying pan to prepare to add additional ingredients (Note: The spinach could be stir fried in the frying pan. However, the volume of the fresh raw spinach takes longer than steamed in a boiler.)



# Step 3

- Transfer steamed spinach to a pan
- Wash Bell peppers, mushrooms, and tomatoes (halved cherry tomatoes or dices tomatoes if desired)





# Step 4

- Permit the spinach, bell peppers, mushrooms and tomatoes to cook until tender.
- Chop the cooled chicken in small bite sized pieces.





# Step 5

- Add the chicken bits to the other ingredients
- Warm and mix well
- Transfer to a bowl with a slotted spoon to prevent excess liquid in the mixture (This will cause the frittata to set better and become less likely to spill over in the oven when cooking).





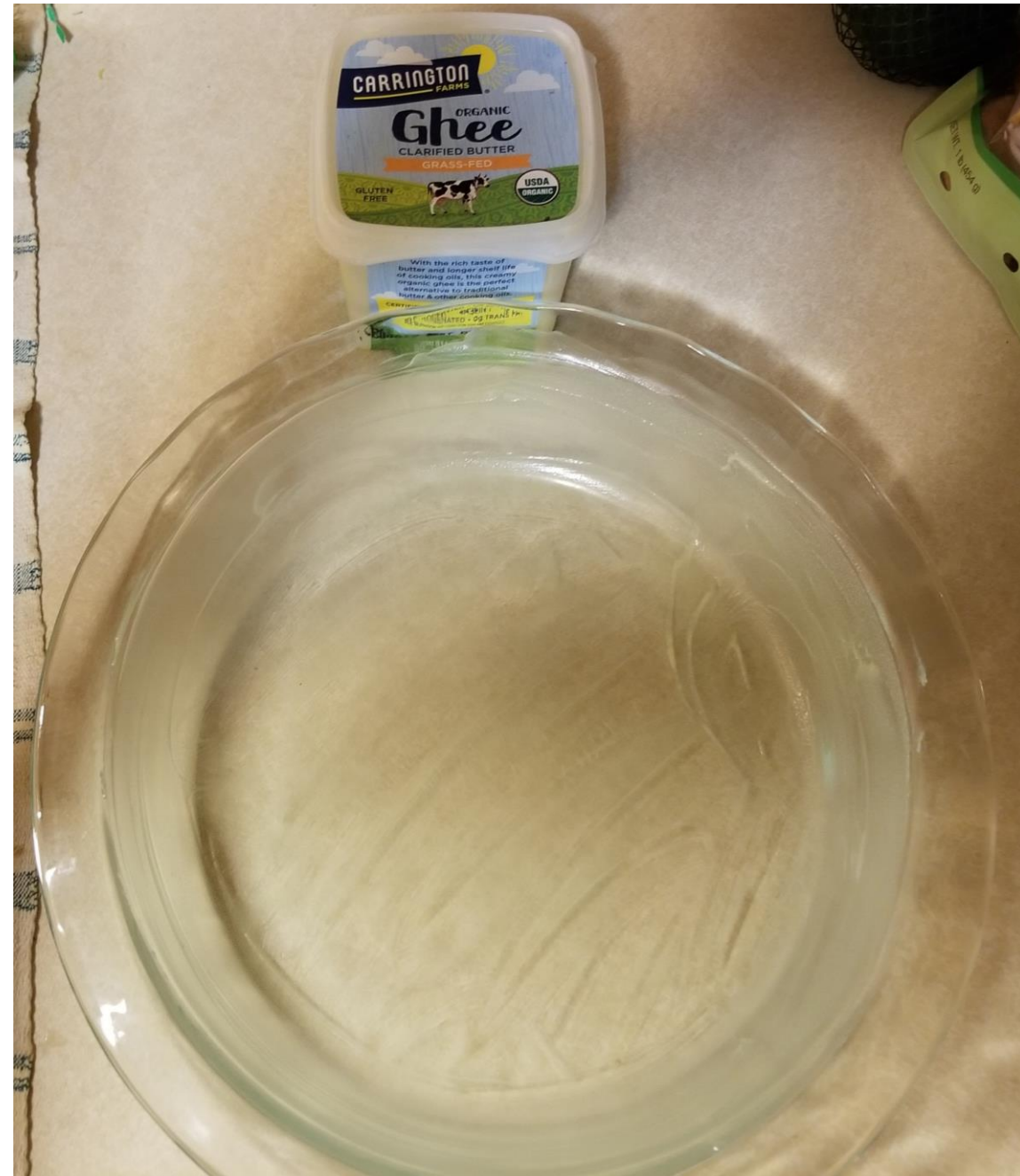
# Step 6

- Crack the eggs and stir with a fork until well blended
- Pour over mixture and mix together



# Step 7

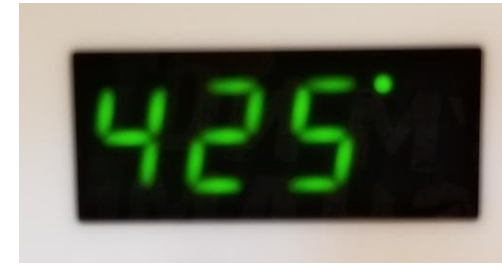
- Grease the pie plate with organic grass-fed ghee to prevent the frittata from sticking





# Step 8

- Place the mixture into the greased pie pan
- Bake at 425 degrees for 45 min-60 min or the desired consistency





# Step 9

- After cooling slice
- Refrigerate any leftovers.





# The Six Tastes in this Chicken Frittata

from *The Wheel of Healing with Ayurveda* by Michelle S. Fondin

- According to 5000 year old Indian medicine, Ayurveda, every meal should contain elements that represent the six tastes for optimal nutrition and to minimize craving without overeating.
- 1. Sweet- Ghee, Meat, Bell Peppers
- 2. Sour – Red Tomatoes
- 3. Salty – Sea Salt
- 4. Pungent – Black Pepper, Rosemary
- 5. Bitter- Spinach
- 6. Astringent - Mushrooms



# Tips

- Toothpick can be used to test doneness
- Any variety of meat can be used
- A vegetarian varies is also an option
- Can be consumed for breakfast, lunch, or dinner.
- An ideal way to get a balanced meal throughout the day.



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