

MASTER CHEF NYU



The Ultimate Cooking Showdown!



15 Seconds:

Chicken and Veggie Frittata with Summer Black Bean Salad

Ingredients:

Chicken and Veggie Frittata

- ¼ lb boneless, skinless chicken breast
- 10 eggs (using 4 whole eggs, and all 10 whites)
- 1 small green pepper (chopped)
- 1 small red pepper (chopped)
- 1 small shallot (finely chopped)
- 1 tomato (seeded and chopped)
- ¼ cup broccoli florets (slightly softened)
- 2 cloves garlic (finely chopped)
- Olive oil
- Parsley
- Basil
- Garlic powder
- Onion powder
- Salt and pepper

Summer Black Bean Salad

- 2 cans of black beans (cooked)
- 1 small green pepper
- 1 small red pepper
- 1 small orange pepper (chopped)
- 2 small tomatoes (peeled and chopped)
- 2 small shallots (chopped)
- 2 oranges (juiced)
- 2 Tbsn olive oil
- 1 Tsp fresh ginger (grated)
- Kosher salt and pepper

Instructions:

Chicken and Veggie Frittata

1. Cut chicken into small cubes
2. Season chicken with spices and grill in a grilling skillet or sauté in regular skillet that has been lightly oiled. Cook until browned.
3. In a bowl, beat 4 whole eggs and another 6 whites and add all chopped vegetables and cooked chicken, sprinkling the mixture with parsley, basil, salt and pepper. Continue to mix very well.
4. In another large oiled skillet (cast iron), pour the mixture in and cook about 5-7 minutes until firm. Then immediately place pan into a preheated 500 degree oven and broil until it starts to fluff and lightly browns.

Summer Black Bean Salad

1. Combine beans, peppers, onions, tomatoes, shallots in large bowl.
2. Place avocagodo in small amount of orange juice to prevent it from turning.
3. lightly toss the salad to maintain integrity of vegetables. In a small bowl, combine olive oil, orange juice, spices, and a few teaspoons of sugar.
4. Pour dressing and avocado into bean mixture. Lightly toss once again season with salt and pepper to taste.
5. Chill, then serve.