



Total Time: **28 minutes**

Prep Time: **10 minutes**

Cook Time: **18 minutes**

ingredients (Servings: 8)

3 Tablespoons unsalted butter or margarine

8 medium asparagus spears, rinsed, woody-ends trimmed, cut into 1-inch pieces (about 1 1/2 cups)

1 small red onion, halved, peeled and thinly sliced (about 3/4 cup)

8 large eggs

8 Tablespoons grated Parmesan cheese

1/2 cup fresh parsley leaves, rinsed, dried, finely chopped; if using dried herbs, use 2 Tablespoons

2 Tablespoons milk

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1 teaspoon salt

1/2 teaspoon pepper

Optional

Other vegetables can be added to the asparagus and onion before sautéing. Try 1/2 cup of diced bell peppers, mushrooms or tomatoes.

directions

step 1: In a 10-inch oven-safe nonstick skillet, heat 1 Tablespoon of butter or margarine over medium heat. Add asparagus pieces and sliced onion (plus optional vegetables, if using) and cook until tender (about 5 minutes), stirring occasionally with a heat-resistant spatula. Transfer to a medium-size bowl and cool.

step 2: Break the eggs into a separate medium-size bowl and add 6 Tablespoons of the Parmesan cheese, parsley, milk, salt and pepper. Whisk with a fork or wire whisk until well blended. Stir the cooked

asparagus and onions into the egg mixture.

step 3: Preheat the broiler. In the same skillet, over medium heat, melt the remaining 2 Tablespoons of butter or margarine. Add the egg mixture from Step 2. As it cooks, use a heat-resistant spatula to lift away the egg mixture that has “set” (firm, not runny) from the sides of the skillet, allowing the uncooked eggs to flow underneath (tilt the pan if necessary). Continue to cook until the entire mixture begins to set, about 3 minutes. The center will still be runny and loose.

step 4: Reduce the heat to low. Cover the

skillet and cook until the frittata is almost completely set, about 7 minutes.

step 5: Sprinkle the remaining 2 Tablespoons of cheese over the frittata and transfer the skillet to the broiler. Broil until the frittata is set and the top begins to brown.

step 6: Loosen the edges and bottom of the frittata with a clean spatula. Slide the frittata onto a plate and cut it into wedges. Serve warm or at room temperature.

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