



Frittata

(Note: Try this with pepper, onion, mushroom, bacon and three of your favorite cheeses.)

Ingredients

- 6 eggs, beaten
- 1-ounce Parmesan, grated
- 1/2 teaspoon black pepper
- Pinch salt
- 1 teaspoon butter
- 1/2 cup chopped roasted asparagus
- 1/2 cup chopped country ham
- 1 tablespoon chopped parsley leaves

Directions

Preheat oven to broil setting.

In medium size bowl, using a fork, blend together eggs, Parmesan, pepper, and salt. Heat 12-inch non-stick, oven safe sauté pan over medium high heat. Add butter to pan and melt. Add asparagus and ham to pan and sauté for 2 to 3 minutes. Pour egg mixture into pan and stir with rubber spatula. Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top. Sprinkle with parsley.

Place pan into oven and broil for 3 to 4 minutes, until lightly browned and fluffy. Remove from pan and cut into 6 servings. Serve immediately.