



Asparagus Frittata

INGREDIENTS

- 6 eggs
- 1/4 cup heavy cream
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp olive oil
- 2 cups asparagus (chopped into 1/2 inch pieces)
- 1 cup shredded cheese

DIRECTIONS

- 1) **Combine eggs and cream.** Wisk the eggs, heavy cream, salt, and pepper together in a small bowl. Put aside.
- 2) **Cook asparagus.** On the stove, heat the oil in a cast iron or oven-safe non-stick skillet. Add asparagus and sauté until bright green.
- 3) **Add egg mixture.** In the skillet you just cooed the asparagus, spread the pieces evenly across the bottom of the pan. Then, pour the egg mixture over the asparagus. Tilt pan until the eggs settle evenly across the vegetables



Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Serves: 4

- 4) **Add cheese.** Sprinkle cheese over eggs.

- 5) **Broil frittata.** Place skillet on the middle rack of your oven. Broil until eggs are set and the top begins to brown (about 5 minutes)

- 6) **Serve.** Let frittata cool in the pan for 5 minutes. Then slice into wedges and enjoy.