

Asparagus & Feta Frittata

Frittatas are a great way to start your day right with a serving of vegetables. You can use leftover veggie scraps from other dishes.

<u>U.S.</u>		<u>Metric</u>
4 each	Asparagus, ends removed, cut into 1" pieces	4 each
8 each	Eggs	8 each
1/2 cup	Water	120 mL
1/8 tsp	Black Pepper, ground	0.3 g
1 Tbsp	Parmesan Cheese, shredded	6 g
1 Tbsp	Fresh Oregano, Thyme, or Parsley, chopped	1 Tbsp
1 tsp	Butter, unsalted	5 g
1 tsp	Olive Oil	5 mL
1/2 each	Onion, julienned	1/2 each
1/2 each	Red Pepper, julienned	1/2 each
1 1/2 Tbsp	Feta Cheese, crumbled	10 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. Prepare a bowl of ice water. Set aside.
4. Bring a large pot of water to a boil. Add asparagus and boil for about 2 minutes.
5. Drain the asparagus from the boiling water and place them into a bowl of ice water for about 2 minutes. Then strain the asparagus from the ice water, shaking off any excess water.
6. Crack the eggs into a medium mixing bowl. Whisk until well combined. Add the water, pepper, parmesan cheese, herbs and mix. Set aside.
7. Heat a medium non-stick pan on high heat. Add butter and oil. Reduce heat to medium and add the onions. Sauté for about 5 minutes, stirring frequently, until onions are lightly browned.
8. Add the red peppers and asparagus. Sauté for 1 minute until they just begin to soften.
9. Pour the egg mixture in the pan. Stir and cook for 1 minute.
10. Sprinkle the feta around the top of the eggs. Place the pan into the oven and cook until the frittata is firm, about 15-20 minutes.
11. Allow frittata to rest for 5 minutes, then cut into quarters and serve.

****Nutrition Facts on Reverse**

Nutrition Facts

Serving size	1 slice
Servings	6
Calories	130
Calories from Fat	80
Total Fat	9 g
Saturated Fat	3.5 g
Trans Fat	0 g
Monounsaturated Fat	3.5 g
Cholesterol	255 mg
Sodium	160 mg
Carbohydrates	3 g
Dietary Fiber	1 g
Sugars	1 g
Protein	10 g
Vitamin A	15 %
Calcium	8 %
Vitamin C	25 %
Iron	8 %
Phosphorus	164 mg
