



### **Asparagus Frittata**

#### *Ingredients*

- 4 large eggs, whisked
- Generous sprinkle of parmigiana reggiano
- 1/4 cup milk (at most)
- 2 scallions, sliced thin
- 3 asparagus stalks, chopped
- Extra virgin olive oil as needed
- Salt to taste

#### *Directions*

- Whisk eggs together with cheese and milk in a bowl.
- Saute asparagus with salt until very soft, set aside In a pan, heat with oil and lightly begin to saute the scallions.
- Once soft, lower heat and pour in egg mixture.
- Lay asparagus on top.
- Gently pull the sides once eggs begin to coagulate to allow middle to touch the sides of the pan.
- Once most of the eggs are coagulate, remove from heat and cover, let the steam from the pan cook the top of the eggs.
- Slice and serve with rustic bread.

**(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)**

