

Spring Asparagus Frittata

This frittata recipe is a snap.



This brunch or dinner frittata uses whole eggs with a higher proportion of whites. Folate-rich asparagus tops this delicious egg dish.

Ingredients (Makes 2 servings)

Cooking spray
1 large shallot, minced
2 whole eggs
4 egg whites
1 teaspoon minced fresh dill weed
¼ teaspoon salt
¼ teaspoon pepper
1 cup fresh asparagus in 1½-inch pieces, cooked
¼ cup shredded, reduced-fat sharp Cheddar cheese

Directions

Spray large nonstick, ovenproof skillet with cooking spray. Heat over medium heat 30 seconds. Add shallot and cook for 3 to 5 minutes, stirring occasionally, or until tender. Remove shallot to a large bowl. Beat in eggs, egg whites, dill weed, salt and pepper. Pour egg mixture into skillet. Cook over medium heat 5 to 7 minutes or until almost set. Sprinkle on asparagus and cheese. Place skillet in preheated broiler, about 4 inches from heat. Heat for 30 seconds to 1 minute or until cheese melts and eggs are set. Watch closely so frittata doesn't burn. Remove from broiler. Cut in half.

Nutritional Information (Per serving)

Calories 185

Fat 7.5 g

Cholesterol 193.5 mg

Sodium 555 mg

Carbohydrates 11 g

Fiber 3 g

Protein 20.5 g

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