



RED PEPPER AND ASPARAGUS FRITTATA

Yield = 1 12" Frittata

2 T olive oil
½ C chopped roasted red peppers
½ C chopped cooked asparagus
6-8 large eggs, beaten
½ tsp salt
½ tsp black pepper
1 C shredded gruyere cheese

1. Pre heat oven to 350 degrees
2. Set a 12" non-stick sauté or a pre-seasoned stainless steel pan over medium heat
3. Add peppers and asparagus to pan to just warm through
4. Mix salt and pepper with eggs and pour over the vegetables in your pan
5. Using a rubber spatula, pull the set eggs away from the side of the pan, allowing the uncooked egg to run to the edges
6. When your eggs just start to set on the bottom and sides of the pan, evenly spread your cheese
7. Place pan in the pre-heated oven for 8-10 minutes or just until the center of the eggs are set (not wet on top)
8. Immediately remove from the pan onto a cutting board and cut into wedges

You can always use other ingredients in your frittata, just make sure the meats and vegetables you use are pre-cooked.