

## Asparagus Frittata

12 to 18 Asparagus Spears  
6 eggs  
⅓ cup grated Parmigiano  
¼ cup olive oil  
Salt and pepper

Wash and trim any woody parts from the asparagus. Heat the olive oil in a skillet and sauté the asparagus spears, turning them until they are light brown and tender.

Beat the eggs with a whisk and beat in the Parmigiano, salt, and pepper to taste. With the heat raised to high, pour in all the egg mixture over the asparagus. Begin shaking the pan vigorously. With a spatula, lift the edges of the setting frittata while tilting the pan to allow any uncooked egg to run underneath. Check with your spatula to be sure the frittata is not sticking to the pan. Gently run the spatula underneath if it is sticking.

When most of the liquid egg is gone, remove the pan from the heat and invert the frittata onto a plate. (This is best done over the sink to catch any remaining uncooked egg.) If some of the frittata has stuck to the pan, scrape it off and patch it onto the top of the frittata. (This will end up on the bottom and will not show.)

Return the skillet to the heat. You may need to add a little extra olive oil to the pan at this point. Slide the frittata back into the pan to cook the underside. Continue to shake the pan to prevent sticking. Lift an edge to see whether the underside is set and cooked. When it is, invert the frittata onto a clean plate.

It's best to let the frittata cool a few minutes before serving. It may also be eaten at room temperature.