

## Asparagus Frittata

- 2 lbs. asparagus cleaned  
and trimmed
- 6 eggs
- 1 Tbs. virgin olive oil
- 1 tsp. salt
- 1/4 tsp. pepper
- 1-1/4 cup parmesan cheese
- 1 cup seasoned breadcrumbs
- 2 Tbs. virgin olive oil



Preheat oven to 375°.

1. Cook asparagus until tender and let cool. Cut asparagus into small pieces.
2. Beat eggs with 1 Tbs. of olive oil. Add asparagus, salt and pepper. Mix well. Add cheese and bread crumbs to the mixture.
3. Oil an 8x8x2 pan bottom and sides with 2 Tbs. olive oil.
4. Pour into prepared pan & drizzle a little olive oil on top.
5. Bake for about 45 minutes. It should be nice and brown. Cool, then cut into two-inch squares to serve.