

Asparagus, Ham & Gruyere Frittata

Author: Phillis Carey, cooking instructor

***Carolyn T's
Cookbook***

Servings: 8



- 12 large eggs**
- 3 tablespoons half and half, or milk**
- 2 teaspoons olive oil**
- 1/2 pound asparagus**
- 3 tablespoons shallot, chopped, or onion**
- 3/4 cup ham cubes, minced**
- 3/4 cup gruyere cheese, grated**
- 3/4 cup mushrooms**

***Blog: Carolyn T's Blog:
<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 201 Calories;
14g Fat (63.1% calories from fat); 15g Protein; 3g
Carbohydrate; trace Dietary Fiber; 338mg
Cholesterol; 309mg Sodium. Exchanges: 2 Lean Meat;
1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.*

Notes: If serving for a brunch, make a small amount of a sauce of mayonnaise and diced red bell peppers (jarred, cooked).

Description: A nice light dinner, or great with a brunch.

1. If needed, preheat broiler, positioning rack about 5 inches from heat source. Whisk eggs, then add half and half, and season with salt and pepper. Set aside.
2. Using a large 12-inch nonstick oven-safe skillet (like Scanpan), heat oil until medium hot. Add asparagus and cook, stirring occasionally, until lightly browned and almost tender, about 3 minutes. Add shallots and ham and cook about 2 minutes. Sprinkle gruyere cheese onto the egg mixture, then whisk eggs once again and pour gently into skillet. Cook, using a spatula to stir and scrape bottom of skillet until large curds form and eggs are beginning to set, but are still wet, about 2 minutes. Lift edges a bit and ease uncooked egg to the outside if needed. Shake pan to make sure eggs are not sticking anywhere and bottom of omelet is set.
3. Cover skillet handle with foil and insert pan into oven with handle as remotely away from the broiler grills as possible. Broil until the frittata has puffed up and browned, about 3-4 minutes. Egg should still be slightly soft inside. Let stand for 5 minutes to finish cooking. Loosen frittata from the pan around the edges and gently slide it out onto a hot serving platter, or cutting board. Cut into wedges and serve.