

## Asparagus Frittata with Red Bell Peppers

1 lb. California asparagus, trimmed and blanched  
salt, as needed  
1 red bell pepper, julienned  
1/2 cup onion, chopped  
2 tablespoons olive oil  
8 eggs, beaten  
2 tablespoons Italian parsley, chopped  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
4 oz. Feta cheese, crumbled (about 1 cup)  
1-1/2 tablespoon butter, softened  
lemon wedges and sprigs of Italian parsley for garnish



Reserve 6 asparagus spears. Cut remaining asparagus at an angle into 1-inch pieces, reserve.

Sauté bell pepper in 2 tablespoons olive oil until soft, but not browned, about 7 minutes. Stir in onion and reserved asparagus pieces; sauté for 1 minute. With a slotted spoon remove vegetables to drain on paper toweling, reserve.

Whisk chopped parsley, salt and pepper into beaten eggs. Stir in cheese and reserved sautéed vegetables. Coat the inside of a heavy, non-stick 12-inch frying pan (with a cover) with softened butter. Pour egg mixture into pan. Bake in a preheated 350 degree oven, covered, until eggs are just firm, about 35 minutes. Remove cover; bake until top is lightly browned, about 10 minutes.

Loosen the frittata, then cover pan with a large, warmed serving platter. Flip frying pan over onto platter. Cut frittata into 6 wedges; garnish each with 1 reserved asparagus spear. Divide wedges among 6 serving plates, then put a lemon wedge and a sprig of parsley on each plate.

\*Use a cheese planer or a potato peeler to shave cheese paper thin.

.Serves 6

Nutrition Facts Per Serving: 270 Calories, 180 Calories from Fat, 20g Fat, 8g Saturated Fat, 380mg Cholesterol, 480mg Sodium, 6g Carbohydrate, 1g Dietary Fiber, 15g Protein. Percentage of Daily Values: 35% Vitamin A, 50% Vitamin C, 20% Calcium, 10% Iron.

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