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Asparagus, Mushroom, and Ham Frittata

Nothing announces the much awaited arrival of spring to me more loudly than the first spears of asparagus poking their pointy little head up through the soil. Although the initial harvest is usually 6-8 spears, that's just enough spears to make a celebratory frittata with local mushrooms, eggs, chives, and cheese.

½ tablespoon unsalted butter
2 teaspoons olive oil
½ cup diced sweet onion or shallot
6 spears fresh asparagus, cut ½ inch on the bias
8 ounces white button or cremini mushrooms, sliced
2 large eggs and 2 egg whites
¼ cup finely diced cooked ham
2 teaspoons finely chopped chives
½ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup shredded cheddar cheese

Preheat the oven to 350 degrees.

Heat the butter and oil over medium heat in an ovenproof skillet.

Add the onions and cook for 5 minutes or until they are light golden brown in color.

Add the asparagus and mushrooms and cook for an additional 3 minutes.

Beat together the eggs and egg whites and pour the over vegetable mixture.

Sprinkle the top of the egg mixture with the ham, chives, salt, and pepper.

Cook the egg mixture over medium heat for about 4 more minutes (do not stir it) or until the bottom just begins to set.

Remove the skillet from the from burner and place it in the oven.

Bake for 10 minutes or until the top sets.

Remove the skillet from the oven and immediately sprinkle the cheese evenly on top of the frittata.

Place in oven for 2-3 minutes to warm the cheese.

Cut into four wedges and serve.

Serves 2 generously.

Victoria Wesseler