

# FOX-7 WTVW

June 15, 2010

# KITCHEN AFFAIRS

4610 Vogel Road  
EVANSVILLE, IN 47715

## ASPARAGUS FRITTATA

4 to 6 eggs, beaten  
1 TableSPoon butter  
8 to 12 spears fresh asparagus

Snap off the tough ends of the asparagus spears, and peel away any tough outer skin of the lower part of each spear. Cut the spears to uniform length. Using a 10-inch or larger sauté pan (one with a lid), steam the asparagus in a little water with the pan covered. When the spears are tender, drain off the water.

In the same pan, add the butter (or oil). As the butter melts, turn the spears to coat them with the fat, then arrange them in the bottom of the pan like the spokes of a wheel. Be sure they do not overlap one another. Pour the beaten eggs over the top and cook until the eggs are firm.

Slide the frittata out onto a large round serving plate. Top with a little freshly grated Parmesan (or aged Cheddar) cheese, if you wish, and serve at once.

The frittata may also be topped with a fresh salsa (diced tomatoes, onions, peppers, etc.) or with a marinara sauce, or with sautéed fresh mushrooms.

It serves 2 as a main dish or 4 as a side dish.