

ASPARAGUS AND LEEK FRITTATA

Makes 8 servings

Ingredients

2 tablespoons (1/4 stick) butter
1 cup chopped leeks (white and pale green parts only)
1 12-oz. bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces
(about 2½ cups) or 1 can, drained and squeezed dried with cloth
1 cup sliced stemmed mushrooms
8 large eggs or egg substitute equivalent
1 cup diced Fontina cheese, divided
1/4 teaspoon salt (omit if using canned asparagus)
1/2 teaspoon ground black pepper
1/4 cup grated Parmesan cheese

Preparation

Preheat broiler. Melt butter in heavy broiler proof 10-inch-diameter nonstick over medium heat. Add leeks and sauté 4 minutes. Add asparagus and mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes. Whisk eggs, ¾ cup Fontina cheese, 1/4 teaspoon salt, and 1/2 teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set. Sprinkle remaining ¼ cup Fontina cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 to 5 minutes. Cut into 8 wedges and serve.

Nutritional Information per serving

Serving size: 1/8 cut

Calories 193
Carbohydrates 7.6gm
Fiber 1.5gm
Protein 12.4gm