



EASY FRITTATA

SERVINGS 8
PREP TIME 12 min
COOK TIME 17 min

INGREDIENTS

- 8 large eggs
- 1/4 cup milk
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 pinch freshly grated nutmeg
- 1 tablespoon olive oil
- 1/3 cup minced shallot
- 1 1/2 cups chopped asparagus
- 1/2 cup diced ham
- 1/2 cup sliced cherry tomatoes
- 4 ounces shredded Gruyère cheese, divided
- 1 tablespoon chopped parsley

DIRECTIONS

1. Gather the ingredients.
2. Position a rack in the middle of the oven, and heat to 400 F. Meanwhile, in a large bowl, combine the eggs, milk, salt, pepper, and nutmeg (if using); whisk until well blended and set aside.
3. Heat the olive oil in a 10-inch oven-safe skillet over medium heat. Add the shallot, asparagus, and ham. Cook, stirring, for about 4 to 6 minutes, or until the asparagus is bright green and the shallots are translucent.
4. Pour the egg mixture into the skillet and add about 3/4 of the cheese; stir gently to distribute the ingredients. Top with the sliced cherry tomatoes and the remaining cheese.
5. Continue to cook over medium heat for about 1 minute, or until the outer edge looks slightly set. Transfer the frittata to the oven and bake for about 8 to 10 minutes, until the eggs are puffed and set. To check for doneness, make a small cut in the center with a knife. If liquid egg mixture flows into the cut, it needs another minute or two.
6. Remove the pan to a rack and let it cool for 5 minutes before slicing and serving. To slice, run a thin spatula or knife around the edge of the pan to loosen the frittata. Slice and garnish with fresh chopped parsley, if desired.

