



EASY FRITTATA

	SERVINGS	8
⌚	PREP TIME	12 mins
	COOK TIME	17 mins

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. **Prep Your Ingredients:** Start by gathering everything you need so you're ready to go.
2. **Preheat the Oven:** Adjust your oven rack to the center and set the temperature to 400°F. In the meantime, whisk together the eggs, milk, salt, pepper, and a pinch of nutmeg (optional) in a large bowl until the mixture is smooth. Set aside.
3. **Sauté the Veggies and Ham:** In a 10-inch oven-safe skillet, warm the olive oil over medium heat. Add the chopped shallot, diced asparagus, and ham. Cook for about 4 to 6 minutes, stirring occasionally, until the asparagus turns a vibrant green and the shallot becomes soft and clear.
4. **Combine with Eggs and Add Toppings:** Pour the egg mixture into the skillet, then sprinkle in about three-quarters of the cheese. Give it a gentle stir to mix everything evenly. Arrange the cherry tomato slices on top and finish with the rest of the cheese.
5. **Cook and Bake:** Let the mixture cook on the stovetop for about a minute, just until the edges begin to firm up. Move the skillet to the oven and bake for 8 to 10 minutes, or until the frittata is fully cooked and puffed. To test, cut a small slit in the center—if raw egg seeps in, bake a bit longer.
6. **Cool and Serve:** Once done, take the skillet out and let it sit on a rack for five minutes. Loosen the edges with a spatula or knife before slicing. Serve warm, and sprinkle with fresh parsley if you'd like a pop of color and flavor.

