

ASPARAGUS FRITTATA WITH HAM & SWISS

Gluten Free, Low Carb / Diabetes Friendly

Serves: 1/2 of frittata

Nutrition (per serving)

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| Calories: 250 | Total Carbohydrate: 7 |
| Total Fat: 12 g | Dietary Fiber: 3 g |
| Saturated Fat: 4 g | Protein: 29 g |
| Sodium: 613 mg | |

Ingredients

- 10 oz. asparagus, stem ends snapped off, cut into ½-inch pieces (1 ½ cups)
- 2 large eggs
- 2 large egg whites or 1/3 cup liquid egg whites
- 2 tsp Dijon mustard
- Freshly ground pepper to taste
- ½ cup shredded or diced reduced-fat, part-skim Swiss or Jarlsburg cheese (2 oz.)
- ½ cup diced deli ham (2 oz.)
- 1 tsp olive or canola oil

Directions

1. Steam or boil asparagus until just tender, 2-3 minutes. Rinse under cold water to stop further cooking and drain well. (see “quick tip” below)
2. Whisk eggs, egg whites, mustard, salt, and pepper in a medium bowl until blended. Stir in cheese, ham, and asparagus.
3. Preheat broiler. Brush oil over a 10-inch skillet with sloping sides; heat over medium-low heat. Pour in egg mixture. Cook, lifting edges with a heatproof silicone spatula and tilting skillet to allow uncooked egg to flow underneath from time to time, until the bottom is light golden, 2-4 minutes.
4. Place skillet under broiler and cook until the top is lightly browned, firm to touch and set, 3-5 minutes. Rotate skillet as necessary for even browning. Slide frittata onto a plate and cut into wedges. (Any leftovers can be covered and refrigerated, then heated in the microwave)