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Fluffy Spring Frittata with Asparagus, Bell Pepper and Gruyere

Ingredients:

2 tbsp unsalted butter
1 small yellow onion, finely diced
3 new potatoes, scrubbed and cut in 1/4 in. dice
1 red bell pepper, seeded, and cut into 1/4 in. dice
1 bunch asparagus, with tough woody ends removed
8 large eggs
2 tbsp milk or water
1/2 teaspoon salt
1/4 teaspoon pepper
6 ounces Gruyere cheese, grated
pinch of freshly grated nutmeg
pinch of cayenne pepper

Directions:

1. Preheat broiler. Make sure the top oven rack is positioned about 4 inches from the broiler unit.
2. Over medium heat in a large ovenproof skillet melt the butter. When it is melted and sizzling, add the onion and potatoes and a sprinkle of salt and pepper. Cook until the onion starts to soften, about 4 minutes. Add the bell pepper and asparagus with another sprinkle of salt and pepper. Continue to cook and stir occasionally until the veggies are tender and potatoes lightly browned, another 4 minutes or so.
3. Meanwhile in a medium bowl, whisk together the eggs, milk/water, salt, pepper, nutmeg and cayenne.
4. When done spread the vegetables evenly over the bottom of the pan and sprinkle the cheese on top.
5. Pour the egg mixture evenly over the veggies in the pan and reduce heat to low. Cover the pan and cook for 2 minutes, then remove the lid and transfer the pan to the oven. Broil the frittata until the top is lightly browned and eggs have firmed up in the center, about 4 minutes. Test by pressing the center of the frittata lightly with your finger. If it feels firm, it is done.
6. Remove the frittata from the oven and let it rest for 3 min. Cut into wedges and serve.