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Asparagus Frittata

INGREDIENTS:

- 2 Tb. vegetable oil
- 2 cups diced white onion
- 1 cup diced red pepper
- 2 cups shredded Monterey Jack cheese or white cheddar
- 1 cup chopped green part of scallions
- 1 lb. asparagus, washed and sliced into 1/2 inch pieces
- 1 tsp. Kosher salt
- 1/2 tsp. black pepper
- 2 cups fresh spinach leaves
- 2 1/2 cups milk
- 1 cup heavy cream
- 8 whole eggs

PROCESS:

Heat oil over medium heat and add onions, stirring often until they begin to brown. Add peppers and asparagus and cook until asparagus begins to soften. Add the spinach and cook 1 minute, stirring until spinach wilts. Remove from heat.

Mix the eggs, milk, cream, salt and pepper, (custard). Using a 8x8 baking pan or 10" pie pan, place the vegetables in the dish. Top with cheese, scallions, and custard. Bake at 375° F for 30 - 40 minutes - until custard sets.