

Roasted Asparagus and Tomato Frittata

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*1 pound red cherry OR
grape tomatoes, halved
olive oil
salt
freshly ground black pepper
1 pound asparagus spears,
cooked
2 shallots, finely chopped
1 pound yellow potatoes,
peeled, cut in 1/2-inch
cubes and cooked
10 eggs
4 ounces shredded
Parmesan OR Pecorino
Romano OR Gruyere
cheese*

Preparation Time: 35 minutes

Preheat the oven to 425 degrees.

In a bowl, toss the tomatoes with one tablespoon of olive oil and 1/2 teaspoon of salt. Spread onto a sheet pan. Roast until blistered, 20 to 25 minutes.

Reduce the oven to 350 degrees.

Reserve eleven spears of the asparagus. Chop the remaining asparagus into 1/4-inch pieces.

Heat a twelve-inch nonstick skillet over medium-high heat with two tablespoons of olive oil. Add the shallots and 1/2 teaspoon of salt. Cook until golden brown, 5 to 6 minutes. Add the chopped asparagus and potatoes.

In a medium bowl, beat the eggs with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Pour into the skillet. Stir until the eggs thicken. Top with the tomatoes and reserved asparagus.

Bake in the oven for 14 to 16 minutes.

Cut into wedges to serve.

Per Serving (excluding unknown items): 810 Calories; 50g Fat (56.5% calories from fat); 69g Protein; 18g Carbohydrate; 5g Dietary Fiber; 2120mg Cholesterol; 707mg Sodium. Exchanges: 8 Lean Meat; 3 Vegetable; 4 Fat.