

Bacon Asparagus Frittata

Makes 8 servings

4 ounces bacon chopped

2 cups asparagus cut into ½" pieces

10 eggs

¾ cup small curd cottage cheese or part-skim ricotta cheese

1 red pepper diced

¼ cup chopped parsley

2 scallions chopped

1 teaspoon salt

¼ teaspoon black pepper

Directions:

1. Line a plate with a paper towel. Preheat oven to 375 deg F.
2. Add bacon to a 10" oven-safe skillet over medium-low heat. Saute for 10 - 15 minutes until bacon is crispy. Remove bacon to the paper towel lined plate. Pour bacon fat into a heat safe bowl, leaving 1 Tablespoon of fat in the pan. Turn up heat to medium-high. Add asparagus and sauté until bright and browned.
3. In a large bowl, whisk together the eggs and cheese. Stir in the red pepper, parsley, scallions, salt and pepper. Add asparagus.
4. In the empty skillet, add 1 Tablespoon of reserved bacon fat. Swirl to coat the pan surface and heat over medium-low heat. Pour the egg mixture into the skillet. Cook undisturbed for 10 minutes.
5. Sprinkle cooked bacon over the top. Place frittata in the preheated oven. Bake for 10 – 12 minutes. When the frittata is barely jiggling in the center, turn the oven to broil and brown the top. Transfer the frittata to a plate. Slice and serve.