

Potato Asparagus Frittata

Serves 4 to 6

Use a well-seasoned oven-proof 25-cm skillet.

- 2 medium size potatoes, quartered (230g)
- 10 asparagus spears or other root vegetables
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika
- ⅛ tsp cayenne pepper
- ¼ tsp garlic powder
- 2 tsp fresh thyme
- pinch nutmeg
- 30 g butter (divided)
- 1 fresh onion, sliced
- 60 g grated cheddar cheese
- 12 g parmesan cheese
- *4-6 large eggs
- 3 T whipping cream



Instructions

- Preheat oven to **180°C**.
- Bring the quartered **potatoes**, **480 ml of water** and 1 tsp of **salt** to a boil in a saucepan. Reduce the heat and simmer until the potatoes are just tender. Remove the potatoes and set aside. When the potatoes have cooled, cut them into 13-mm dice.
- Beat the **eggs** and **cream** together, the set aside.
- Braise the **asparagus** until tender, cool, then cut into 10-cm-long pieces and set aside with the potatoes.
- Heat 14 g of **butter** in your skillet, and sauté the **onion** until softened.
- Add the **thyme** and toss.
- Combine the **onion** and **thyme** with the **potatoes** and **asparagus**.
- Stir the **cheese**, ¼ **tsp salt**, and a bit of **pepper** into the **eggs**.
- Heat the remaining **15 g of butter** in the skillet and pour the egg and cream mixture into the skillet and cover. Once the bottom of the frittata is firm, spread the vegetables on top evenly and cover. Continue cooking until the egg is no longer runny.
- Transfer the skillet to the oven and bake until the frittata top is set and dry to the touch (***about 4-8 minutes [depends on how many eggs were used]***).
- Run a spatula around the edge to loosen the frittata. Invert onto a serving plate or cut slices from the pan. Serve warm, at room temperature, or chilled.

* Use 6 eggs if adding this: leftover chicken, 2 slices cooked bacon, mushrooms, broccoli, steamed spinach, red bell pepper. All vegetables should be precooked.

***Closer to 8 minutes*

Estimated **total nutritional content:**

- **Calories:** 1,264 kcal
 - **Protein:** 61.8 g
 - **Fat:** 89.7 g
 - **Carbohydrates:** 58.8 g
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Per Serving (4 servings):

- **Calories:** 316 kcal
- **Protein:** 15.5 g
- **Fat:** 22.4 g
- **Carbohydrates:** 14.7 g

Per Serving (6 servings):

- **Calories:** 211 kcal
- **Protein:** 10.3 g
- **Fat:** 14.9 g
- **Carbohydrates:** 9.8 g

Per Serving (8 servings):

- **Calories:** 158 kcal
- **Protein:** 7.7 g
- **Fat:** 11.2 g
- **Carbohydrates:** 7.4 g