

Asparagus Frittata with Creme Fraiche and Chives

Makes 40 squares

Ingredients:

6 large eggs

1/2 cup minced fresh chives

1/4 cup chopped fresh Italian parsley

1/4 cup grated Parmesan cheese

2 Tbls half and half

1/2 tsp salt

1/2 tsp freshly ground black pepper

1 Tbls unsalted butter

1 Tbls extra-virgin olive oil

One 1-pound bunch fresh asparagus, trimmed, cut crosswise into 1/4-inch pieces

1/4 yellow onion, minced

1/3 cup creme fraiche or sour cream

Directions:

Preheat broiler. Wisk eggs, 1/4 cup chives, parsley, Parmesan cheese, half and half, salt and pepper in large bowl until just blended. Melt butter and oil in heavy nonstick 10-inch-diameter omelette pan over medium heat. Add asparagus and onion and saute until asparagus is crisp-tender, about 4 minutes. Pour egg mixture over asparagus. Reduce heat to low; cook until edges are just set, about 3 minutes. Using heat-proof spatula, lift cooked edges of egg mixture and tilt pan so uncooked eggs run beneath. Continue cooking until egg mixture is nearly set on top, about 5 minutes. Broil until just puffed and lightly golden on top, about 2 minutes.

Slide spatula under frittata to loosen; slide out onto cutting board. Cut frittata into 1-inch squares. (Can be made 1 hour ahead. Let stand at room temperature.)

Arrange squares on serving platter. Spoon dollop of creme fraiche atop each square. Sprinkle with remaining 1/4 cup chives and serve.

Nutritional Information:

One Serving

Calories: 28

Carbohydrates: 1g

Cholesterol: 34mg

Fat: 2g

Sodium: 67mg

Protein: 2g

Source: www.cooking.com