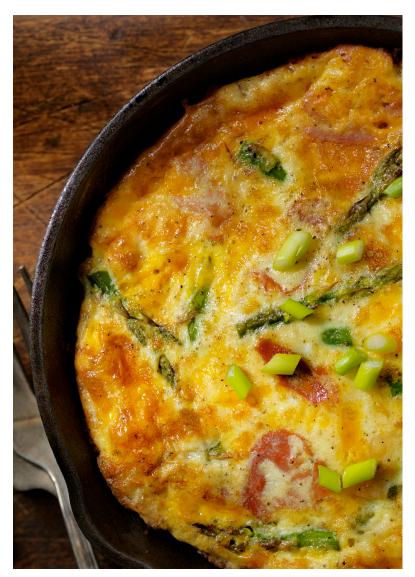


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Feta, Scallion & Asparagus Frittata

Serves 4. Recipe from CookingLight.

Ingredients

2 large egg whites
6 large eggs
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
1/3 cup 1% milk
8 ounces raw asparagus
1/4 cup thinly sliced shallots
3 tablespoons chopped scallions
2 ounces crumbled feta cheese

Nutritional info

Calories: 183
Fat: 11g
Protein: 15g
Sodium: 426mg

Directions

- 1. Preheat broiler to high. Combine egg whites, eggs, salt, pepper, and milk; stir with a whisk.
- 2. Heat a 9-inch cast-iron skillet over medium heat on stovetop.
- 3. Layer in asparagus, shallots, and scallions.
- 4. Sprinkle with crumbled feta cheese.
- 5. Carefully pour egg mixture over cheese. Cook over medium heat 5 to 6 minutes or until eggs are partially set; then broil 5 inches from heat for 2 to 3 minutes or until browned and almost set.