Asparagus, Basil and Shallot Frittata

Ingredients
1 pound of thin asparagus
3 quarts water
Salt
2 tablespoons extra-virgin olive oil
3 medium shallots, minced
6 large eggs
½ cup grated parmesan or other cheese *Optional
½ cup shredded fresh basil leaves
Freshly ground black pepper

Directions
1. Bring several quarts of water to a boil in a medium saucepan.
2. Snap and discard tough ends from the asparagus. Slice asparagus diagonally into 1-inch-long pieces.
3. Add asparagus and salt to taste to boiling water and cook until almost tender (about 1.5 minutes); drain asparagus and set aside.
4. Preheat broiler.
5. Heat oil in 10-inch skillet (preferably cast iron or stainless steel) with an ovenproof handle. Swirl oil to coat bottom of pan evenly.
6. Add shallots and sauté over medium heat until translucent (about 3 minutes). Then, add asparagus and cook (about 30 seconds).
7. In a medium bowl, use a fork to lightly beat eggs, cheese, basil, salt & pepper (to taste). Add egg mixture to pan and stir gently with fork to incorporate the vegetables.
8. Cook over medium-low heat, occasionally sliding a spatula around the edges of the pan to loosen the frittata as it sets. Continue cooking until frittata is set, except for the top (about 8 minutes).
9. Place the pan directly under the broiler and cook until top is set and barely golden brown (about 1-2 minutes). Do not let frittata burn.
10. Invert frittata on a large platter. Cut into wedges and serve.

Makes 4 servings

*Local, organic eggs are the best option. Buying local eggs supports the local economy. Organic eggs are important, as they ensure that the chickens have an open, outside area available throughout the year. Organic chickens are also fed 80% organic, non-GMO feed.

References: