



## **ASPARAGUS FRITTATA**

**By Caterina Romano's Kitchen**

### **INGREDIENTS**

**20 Stocks of asparagus**  
**2-3 TBSP of olive oil**  
**1 diced red onion**  
**6 large eggs**  
**¼ cup of Parmigiano-Reggiano**  
**¼ cup of AP flour**  
**½ cup of ricotta**  
**2 TBSP of shredded basil**  
**Kosher salt & pepper for seasoning**

### **DIRECTIONS**

- 1. Break off the lower stems of the asparagus.**
- 2. Cut the remaining asparagus into 1" pieces and set aside.**
- 3. Set your stove to medium and heat the olive oil. Add the onion and sauté until they become soft.**
- 4. Add the asparagus pieces to the onions and cook together for about 10 minutes.**
- 5. Beat the eggs until they turn pale yellow.**
- 6. To the eggs add and whisk together the Parmigiano, flour, ricotta and basil.**
- 7. Season the egg mixture with kosher salt & black pepper.**
- 8. Add the egg mixture to the onion and asparagus.**
- 9. Turn the stove to low, cover and cook for 10 minutes.**
- 10. Using a plate, flip the frittata and return to the pan.**
- 11. Cook for another 2 minutes.**
- 12. Cut into slices and serve.**