

Springtime Frittata

- 8 eggs
- ½ cup water or milk
- 2 tbsp chopped fresh chives
- ⅛ tsp each salt and pepper
- 1 tbsp olive oil
- 1 cup chopped asparagus
- 1 red pepper, chopped
- ½ cup shredded cheddar cheese

Preheat oven to 350°F. **In** a medium bowl, whisk together eggs, water or milk, chives, salt and pepper. **Add** olive oil to an oven-proof pan or cast iron skillet set over medium heat. **Add** asparagus and red pepper and cook, stirring frequently, about 5 minutes. **Add** egg mixture to pan. **Cook** 5 to 7 minutes until eggs begin to set. **Top** with cheese and place in oven for 15 to 17 minutes or until eggs are set. **Cut** into wedges and serve with salad.

Makes 6 servings. Per serving:

166 calories | 12g protein | 12g total fat | 4g saturated fat | 5g mono fat
3g poly fat | 3g carbohydrate | 1g sugar | 1g fiber | 205mg sodium

