



## Potato Asparagus Frittata with Tomato Side Salad

SERVES: Hearty tasting portion for 6

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein

### Frittata

- 6 **eggs**, whisked lightly
- 1-2 large **potatoes** (such as Yukon Gold), diced
- $\frac{3}{4}$  medium **onion**, diced
- 1 cup **asparagus**, trimmed and diced
- $\frac{1}{3}$  cup **parsley**, chopped and divided
- **salt** and **pepper**
- 2 Tablespoons **water**
- $\frac{1}{2}$  cup **cheddar cheese**, grated (or **jack** or **parmesan cheese**)
- 2 Tablespoons **vegetable or olive oil**

### Tomato Salad

- 2 **tomatoes**, sliced, or 1 cup **cherry tomatoes** halved
- $\frac{1}{4}$  **onion**, thinly sliced
- **Parsley**
- 1 Tablespoon **olive oil**
- **Salt** and **pepper**

### Variations to Try

- Use other vegetables, such as broccoli or spinach
- Try with other cheeses

### Something to Chew On

- Did you know asparagus takes 3 years to grow from seed to stalk?
- What are amino acids? Eggs are a complete source of protein because they contain all of them.
- Why should you eat “with the season?”

### Frittata

1. Preheat the oven to broil.
2. In a mixing bowl, crack the **eggs** and whisk in  $\frac{1}{2}$  teaspoon **salt** until whites and yolks are combined. Set aside
3. Dice the **potatoes**. Set aside. Dice  $\frac{3}{4}$  of the **onion**, then slice the remaining  $\frac{1}{4}$  for the salad. Set aside.
4. Trim off any tough bottom of the **asparagus** stalks, then slice. Set aside.
5. Chop the **parsley**; set aside. Grate the **cheese**. Set aside
6. Heat 2 Tablespoons of **oil** in an ovenproof skillet (9-10 inches works well) on medium heat.
7. Add the diced **onions** and sauté until translucent, about 3 minutes.
8. Add the **potatoes** and sprinkle with  $\frac{1}{2}$  teaspoon **salt** and  $\frac{1}{4}$  teaspoon **pepper**. Cook until almost tender, about 5 minutes.

9. Add the **asparagus**, half of the **parsley** and the **water** and stir to combine. Cover and cook on low heat until **potatoes** and **asparagus** are cooked through, about 5 minutes.
10. Add the **cheese** to the **eggs** and stir to combine.
11. Pour **egg mixture** over **vegetables** and stir until vegetables, eggs, and cheese are evenly distributed. Cover and cook over low heat for 5-8 minutes, until **eggs** are mostly set. Place the pan (uncovered) in the oven for about 5 more minutes.
12. While the frittata is cooking, prepare and assemble the salad.

## Tomato Salad

1. Slice the **tomatoes** and **onions**.
2. In a bowl, combine the **tomatoes**, **onions** and remaining **parsley**. Add 1 Tablespoon of **olive oil**, and **salt** and **pepper** to taste. Gently mix ingredients to combine.
3. Remove Frittata from the oven. Allow it to rest for a few minutes. Slice into wedges and serve with the salad.

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Notes for teachers only

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