

BRO. PAUL'S ASPARAGUS FRITTATA



Ingredients:

- ✦ ½ pound bunch pencil asparagus, ends trimmed
- ✦ 5-6 cloves whole garlic, roughly chopped
- ✦ ¼ to ½ cup extra virgin olive oil
- ✦ Salt to taste
- ✦ 1 cup tap water
- ✦ 6 eggs, loosely beaten
- ✦ ¼ - ⅓ cup fresh breadcrumbs
- ✦ ¼ cup grated cheese of your choice
- ✦ ¼ - ⅓ cup chopped flat leaf parsley (optional)



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Instructions:

1. Clean and trim the asparagus. Place chopped garlic in a large frying pan with cold olive oil, enough to coat the bottom of the pan. Sauté garlic until slightly translucent, do not burn. Add asparagus, cover halfway with water and another drizzle of olive oil and turn up the heat. Bring asparagus to a boil and then turn down to simmer. Cook asparagus until al dente and most of the water has evaporated (add water a little at a time if it evaporates too quickly before asparagus are cooked al dente).
2. In a bowl mix eggs, breadcrumbs, cheese and parsley (optional) and salt. Pour over the asparagus garlic mixture in the frying pan and turn up to heat. Bring to a simmer and cook on medium heat, checking the bottom periodically to determine when the eggs have set. At this point you can either flip the frittata onto a plate and transfer back to the frying pan, top side down and cook for 5 more minutes or until the bottom is cooked, or you can place it in a 350-degree oven for 10-15 minutes.
3. Serve with crusty Italian bread.

