

# TOMATO Frittata

4 servings

8 asparagus stalks, trimmed  
 7 eggs  
 ¼ cup 1% milk  
 1 cup PASTENE Grated  
 Parmesan Cheese  
 1 can (14 fl. oz/398 mL)  
 PASTENE Italian Peeled  
 Tomatoes, drained and  
 chopped  
 PASTENE Grated  
 Parmesan Cheese  
 salt and pepper

8  
 7  
 60 mL  
 250 mL  
 1

- Cook asparagus in boiling salted water until tender. Drain and chop.
- Beat eggs together with milk and grated cheese. Season with salt and pepper.
- Heat oil in 9-inch (22 cm) ovenproof skillet over medium-high heat. Toss asparagus in oil for 2 minutes. Add tomatoes and cook 5 minutes.
- Add egg mixture and cook about 12 minutes. Meanwhile, preheat broiler. Place frittata in skillet under broiler until top is golden and eggs are just set. Serve topped with shaved or grated Parmesan.



**Cook asparagus in boiling salted water until tender. Drain and chop.**



**Beat eggs together with milk.**



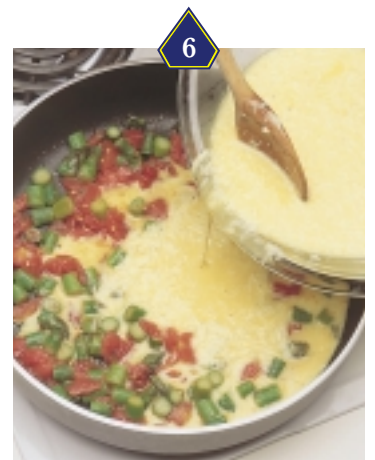
**Add grated cheese, and season with salt and pepper.**



**4**  
Heat oil in 9-inch (22 cm) ovenproof skillet over medium-high heat. Toss asparagus in oil for 2 minutes.



**5**  
Add tomatoes and cook 5 minutes.



**6**  
Add egg mixture and cook about 12 minutes. Then place skillet under preheated broiler until top of frittata is golden and eggs are just set.