

# Asparagus and Prosciutto Frittata

*Substitute in egg whites to make a lighter version*

## Ingredients

6 Eggs  
2 Tbsp almond milk  
1 clove of garlic, chopped  
½ Spanish or sweet onion  
1 lb asparagus  
¼ cup parmesan cheese  
3-4 slices fresh prosciutto

## Directions

1. Preheat oven to 350F
2. Take your asparagus and crack off the tips of your bundle. You will use these later to garnish the top of your frittata
3. Chop the stalks of the frittata and your onion and put in a sauce pan over medium heat with 1 Tbsp of olive or coconut oil
4. Sauté onion and asparagus until the onion becomes nice and soft and asparagus has softened up
5. In a mixing bowl, crack your 6 eggs and whisk with 2 Tbsp almond milk
6. Add in your sautéed veggies and mix well.
7. Finally stir in your parmesan cheese and pour into a greased pie pan or whatever you have available that is oven safe
8. Garnish your frittata with the asparagus tips as well as your prosciutto. Rip the prosciutto into smaller pieces to ensure the pan is covered
9. Bake for 15-20 minutes or until egg mixture has cooked through
10. Enjoy

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