

# Asparagus Feta Frittata

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*Think of the frittata as the omelet's lighter, prettier sister. It's a fluffy egg bake filled with fresh vegetables, and it has a place on any brunch table.*

## Ingredients:

1 tablespoon olive oil  
½ cup chopped red onion  
2 cups chopped fresh asparagus  
8 large eggs  
½ cup feta cheese, divided  
½ cup grated Parmesan cheese, divided  
½ teaspoon sea salt  
¼ teaspoon black pepper

## Directions:

- 1) Preheat broiler.
- 2) Heat oil in a large oven-safe skillet over medium; add onion and cook until softened, stirring occasionally, about 5 minutes. Add asparagus; cook until softened, about 3 minutes.
- 3) Meanwhile, whisk together eggs, ¼ cup feta cheese, and ¼ Parmesan cheese in a large bowl; add salt and pepper and mix well.
- 4) Add egg mixture to skillet; stir gently and cook until almost set. Top with remaining ¼ cup feta and ¼ cup Parmesan cheese; place under broiler. Cook until mixture is puffy and golden, about 4 minutes.
- 5) Remove from heat; cool slightly, cut, and serve.