

Asparagus Tomato Frittata



Prep time: 10 minutes

Cook time: 25 minutes

Ingredients

1 pound Laura's 92% Lean Ground Beef or 96% Lean Ground Round

2 shallots, finely chopped

1/2 pound asparagus, cut into 1 1/2-inch pieces

1 teaspoon salt

1 teaspoon Italian seasoning

1/4 cup chopped fresh basil

1 (16-ounce) container Egg Beaters

2 roma tomatoes, sliced

1/4 teaspoon freshly ground pepper (optional)

Directions

1. Cook beef and shallots over medium-high heat in a 12-inch lightly greased oven-proof skillet 5 minutes or until beef is browned; drain.
2. Add asparagus, salt and Italian seasoning and saute 5 to 7 minutes or until tender, stirring constantly. Stir in basil and cook 2 more minutes.
3. Reduce heat to medium. Pour eggs over beef mixture. Cover and cook until edges are set and bottom is lightly browned about 5 minutes.
4. Add tomatoes over eggs. Broil frittata 5 to 7 minutes or until cooked through. Cut into 8 wedges; sprinkle with pepper if desired.

Makes 8 servings.

Cooking Tip: Shallots are a member of the onion family, with papery brown skin, purple-tinged white flesh, and a flavor resembling a cross between sweet onion and garlic. When shopping for shallots, look for firm, well-shaped heads that are not sprouting. Then store them in a cool, dry place for up to 1 month.

Nutritional Analysis Per Serving

Using Laura's 92% Lean Ground Beef CALORIES 240 (34% from fat); FAT 9.2g (sat 3.0g); PROTEIN 33.7g; CARB 6.8g; FIBER 1.2g; CHOL 60mg; IRON 6.1mg; SODIUM 845mg

Diabetic Exchanges: 1 vegetable; 4 lean meat

Using Laura's 96% Lean Ground Round
(Low Fat Recipe)

CALORIES 220 (20% from fat); FAT 4.7g (sat 2.0g); PROTEIN 36.7g; CARB 6.8g; FIBER 1.2g; CHOL 60mg; IRON 4.3mg; SODIUM 860mg

Diabetic Exchanges: 1 vegetable; 4 very lean meat