

# **English Muffin and Asparagus Frittata**

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**Servings: 6**

**Preparation Time: 25 minutes**

**Start to Finish Time: 39 minutes**

**Bake Time: 12 minutes**

**1 sweet bell pepper (orange, yellow or red)**

**10 eggs**

**1/2 cup half-and-half, light cream or milk**

**2 teaspoons Dijon-style mustard**

**1 teaspoon lemon-pepper seasoning**

**1 teaspoon curry powder**

**1/4 teaspoon salt**

**1 tablespoon olive oil**

**6 to 8 ounces thin asparagus spears, trimmed**

**1 cup fresh sugar snap pea pods, trimmed**

**1 cup cherry tomatoes**

**2 english muffins, split**

**4 ounces fresh mozzarella cheese, thinly sliced, or one cup shredded**

**1/4 cup small fresh basil leaves**

Preheat the oven to 375 degrees.

Slice the bottom half of the pepper into thin rings. Seed and chop the remaining pepper. Set aside. (You should have about five rings and 1/2 cup of chopped pepper.)

In a bowl, whisk together the eggs, half-and-half, mustard, lemon pepper, curry powder and salt. Set aside.

In a 12-inch nonstick oven-safe skillet, heat the oil over medium heat. Add the asparagus spears. Cook 1 to 2 minutes or until bright green. Remove with tongs and set aside.

Add the chopped sweet pepper and pea pods to the skillet. Cook for 2 minutes.

Stir in the tomatoes. Cook until the tomato skins begin to pop.

Cut each muffin half into two pieces. Arrange the muffin pieces on top of the vegetables in the skillet.

Slowly pour the egg mixture over all, making sure to saturate the muffin pieces.

Top with the asparagus spears, pressing lightly with the back of a spoon.

Transfer the skillet to the oven.

Bake, uncovered, for 12 minutes.

Top with the pepper rings and cheese.

Turn the oven to broil. Broil four inches from the heat for 2 to 3 minutes or until the top is golden, the cheese is golden and the eggs are set.

Loosen the edges and carefully slide onto a serving platter.

Cut in wedges to serve. Top with fresh basil leaves.

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Per Serving (excluding unknown items): 196 Calories; 11g Fat (51.9% calories from fat); 12g Protein; 11g Carbohydrate; 1g Dietary Fiber; 353mg Cholesterol; 317mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.