

Breakfast

Fresh Asparagus and Green Onion Spring Frittata

Publix Apron's

- 1 tablespoon butter or margarine**
- 1/2 pound thin fresh asparagus spears, trimmed and cut into 1/2-inch pieces**
- 1/4 cup green onions, sliced**
- 3/4 cup fully cooked lean ham, finely chopped**
- 1 carton (16 oz) Egg Beaters® Original**
- 1/4 cup reduced fat Colby Jack cheese, shredded**

In a 10-inch nonstick skillet over medium heat, melt the butter.

Add the asparagus. Cook 6 minutes or until crisp-tender, stirring occasionally.

Add the onions and ham. Heat 2 minutes more.

Pour the Egg Beaters over the vegetables and ham. Reduce the heat to medium-low. Cover and cook for 10 minutes or until the Egg Beaters are set.

Sprinkle with the cheese.

Cut into wedges.

Per Serving (excluding unknown items): 109 Calories; 12g Fat (91.8% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 121mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat.