



# Mr. Asparagus' Breakfast



## Asparagus Frittata

### Ingredients:

- 2 tbls italian dressing
- 2/3 cup sliced mushrooms
- 1/3 cup chopped red pepper
- 1 lb. asparagus
- 8 eggs
- 1/4 cup milk
- 3/4 cup shredded provolone cheese
- 1/4 cup grated Parmesan cheese



### Procedure

Heat dressing in a large ovenproof skillet over medium heat. Add mushrooms and peppers. Cook and stir for 5 minutes. Add asparagus.

Beat the eggs, milk, 1/2 cup provolone cheese in medium bowl.

Pour over vegetable mixture in skillet.

Bake in preheated 350 degree oven for 20 minutes or until eggs are almost set. Remove from oven and sprinkle with remaining 1/2 cup provolone cheese and Parmesan cheese. Bake 5 minutes or until cheese is melted on top.