

Asparagus Frittata

Local asparagus is around for a very short time and I tend to eat a ton of it during the season. I love it best grilled. Second best is roasted until shriveled and brown. I tend to roast a bunch at a time, then it's available to put into dishes like this frittata, grain salads, or for marinating to serve as its own side salad. Make this frittata with bacon, if you like. I use sausage because it has a lot of flavor and livestock farmers tend to have a lot of ground meat to sell.

Ingredients:

1 bunch or 1 pound asparagus
4 tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper
4 to 8 ounces bulk sausage or links, any type
8 eggs

Cooking Instructions:

Heat oven to 400 degrees. Put the asparagus on a wide baking pan with shallow rims and drizzle with 2 tablespoons olive oil and ½ teaspoon salt. Bake 15 to 20 minutes, turning halfway through. It should be brown in places and wrinkled. Reduce heat to 350 degrees and remove asparagus from the oven.



In a 10-inch cast iron skillet or other heavy pan, heat remaining olive oil and brown the sausage (if you have links, brown on two sides then add a little water and simmer 10 minutes, or until water has boiled away. Then slice the links in thin rounds.)

Beat eggs with ½ teaspoon salt and pepper. Cut asparagus into short lengths and scrape into pan with sausage. Pour egg over top and heat 5 minutes. Put in the oven and cook through, about 15 minutes. Slice in wedges and serve. Serves 2 as a full meal, or 4 as a topping for a big leafy green salad.

To make it vegetarian: replace sausage with 1 cup cheddar or fontina cheese. Stir-fry the asparagus in oil in skillet. Beat the eggs with the cheese and pour over.

--Sarah Fritschner, Kentucky Food Writer