

Frittata (Using Cast Iron Skillet)

Courtesy of Alton Brown

Yields: 6 servings Preparation Time: 20 minutes

Ingredients

6 eggs beaten
1 ounce Parmesan cheese, grated
1 teaspoon butter
½ cup chopped roasted asparagus
½ cup chopped country ham
1 tablespoon chopped parsley
salt and pepper



Instructions

1. Pre-heat oven to broil setting.
2. In medium size bowl, using a whisk, blend together the eggs, Parmesan cheese, salt and pepper.
3. Heat a 12 inch cast iron skillet over high heat. Add butter to the pan and melt. Add asparagus and ham to the pan and sauté for 2-3 minutes.
4. Pour egg mixture into pan and stir with a rubber spatula. Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top. Sprinkle with parsley.
5. Place cast iron skillet into the oven and broil for 3-4 minutes, or until lightly brown and fluffy.