



River Whey Creamery Keystone-Asparagus-Tomato Frittata

TIMING:

25 minutes

MAKES:

4 servings

INGREDIENTS

- 6 to 7 eggs
- Good butter for cooking
- 10 ea. Asparagus spears cut into 3/4" lengths
- 10 ea. Cherry tomatoes, ripe, cut in half lengthwise
- 1 ea. 6 oz. Ball of fresh Mozzarella shredded or chopped small
- 4 oz. Keystone cheese grated with a micro plane
- Salt and Pepper to taste



DIRECTIONS

1. Crack eggs into a medium sized mixing bowl. Add salt and pepper to the eggs for seasoning. Only whisk eggs lightly. They do not need to be heavily beaten like scrambled eggs. Do not add cream or milk to your eggs. Set aside until ready to cook.
2. In your non-stick skillet, add a small pat of butter to a medium hot pan. (Not searingly hot. You'll need the pan too cool a little before adding the eggs.) Cook the asparagus until half done, allow to brown if possible. Then add the halved tomatoes and cook until heated through. Salt and pepper to taste.
3. When asparagus and tomatoes are 80% cooked, add the lightly beaten eggs. Be sure to allow the eggs to surround the other ingredients evenly. As the eggs get partially cooked, stop moving them about the pan. Add the mozzarella evenly around the surface. Then add 3/4 of the grated Keystone. Turn the heat to medium-low and put the lid on. Allow the eggs to cook until they have puffed up a bit and are no longer runny but medium firm. Approximately 6 to 8 minutes depending on the depth of the eggs.
4. Place a large kitchen plate on top of the pan and flip the cooked frittata out. Garnish with the rest of the grated Keystone and chopped herbs as desired.

Optional: fresh chopped chives or basil for garnish

Optional: add onions or mushrooms if desired

Optional: add finely chopped ham, bacon, or pancetta

Optional: use any of our aged cheeses instead of Keystone for slightly different flavor profiles. We recommend The Welshman if adding mushrooms. We recommend Caldera España if you want to garnish with salsa. And we recommend Indigo Ridge for just about everything!