Easy Sausage Onion & Asparagus Frittata

1lb of ground sausage 1 cup of sharp cheddar

1 bunch of asparagus 3/4 cup of mozzarella cheese

½ a large Vidal onion ½ half and half

10 eggs 2 plum tomatoes

1. In a large sauté pan brown the sausage to well done so as all the grease is cooked, remove and drain on paper towel
2. Wash and cut asparagus in to 1” pieces on the diagonal
3. Mince onion and put in sauté pan with a pat of butter (add salt and pepper)
4. Add asparagus to pan, cook until tender but firm
5. Add back to sauté pan add drained sausage
6. In separate scramble 10 eggs with half and half
7. Pour ¾ of the egg mixture in sauté pan on top of sausage, onion, and asparagus
8. Cover cook for a 3 minutes
9. Add cheddar cheese then pour remaining egg on top cover cook another minute
10. Add the sliced tomatoes around the edge
11. Cook on stove top till center firm center will be loose
12. Add mozzarella cheese and put in oven uncovered under broiler for a minute watching carefully so it does not burn.

By Sherry Aikens www.superexhausted.com/ Sausage\_Onion\_ Asparagus \_Frittata/

Adapted from www.musingsofahousewife.com/2011/05/asparagus-frittata.html

