

Asparagus Frittata

2 teaspoons olive oil
1 small onion, thinly sliced
1/2 teaspoon salt
1 pound asparagus, tough ends snapped off, spears cut diagonally into 1-inch lengths
1 cup egg substitute, lightly beaten
1 cup shredded Swiss cheese

Heat olive oil into a 10-inch ovenproof frying pan over medium high heat. Add onions and salt and cook, stirring occasionally, until onions are softened, about 3 minutes. Add asparagus; reduce heat to medium-low, and cook, covered, until the asparagus is barely tender, 6 to 8 minutes. Pour in egg substitute and cook until almost set, but still runny on top, about 2 minutes. While cooking, pre-heat oven broiler.

Sprinkle cheese over eggs and put in oven to broil until cheese is melted and browned, about 3 to 4 minutes. Remove from oven with oven mitts and slide frittata onto a serving plate. Cut into wedges. Makes four servings.

Nutrition information per serving: 206 calories, 17 grams protein, 12 grams fat, 5 grams carbohydrate, 304 mg sodium.