

Asparagus Frittata

A very low fat, quite delicious, easy to fix, and a favorite for Saturday morning breakfast or meatless Friday's.

1 can of asparagus

1 can mushroom OR 8 fresh mushrooms slices and sautéed

1 tsp prepared mustard

1 C of cottage cheese (may use nonfat type)

1/8 tsp salt

Dash pepper

6 eggs (may use 2 real eggs + enough "better than eggs" for the other 4)

Optional garnish: 1 firm tomato sliced or several fresh asparagus blanched

Heat oven to 350° F. Heat asparagus & mushrooms together in large frying pan. Beat eggs until foamy. Add all other ingredients to eggs - mix. Pour egg mixture over mushroom & asparagus - cook over low heat till you see some bubbles rising. Then put frying pan in 350° F oven for approximately 15-20 minutes. Remove when eggs are firm. Garnish with slice of tomato or extra asparagus before serving.

Serves: 3-4