



RECIPE *of the month*

SPRING ASPARAGUS AND SWISS CHARD FRITATTA

Serve 4 to 6

3 Eggs
1/3 cup Heavy Cream
1/2 cup Parmesan (grated)
1/2 cup Flour
1 tsp Lemon Zest
1 tsp Salt
1/2 tsp Black Pepper
Pinch Red Pepper Flakes
2 T Extra Virgin Olive Oil
1/2 lb. Asparagus (cut into bit size pieces)
1 cup Swiss Chard (chopped)
1/2 cup Gruyere Cheese (shredded)



- Preheat oven to 450 degrees.
- In large bowl, whisk together eggs, cream, Parmesan, flour, lemon, salt, pepper and red pepper flakes. Let rest for 10-15 minutes.
- Heat olive oil in 10-inch cast iron skillet over medium-high heat. Add asparagus and cook until crisp tender. Add Swiss chard and cook just until wilted. Sprinkle with Gruyere.
- Pour batter over vegetables and place the skillet on middle rack in preheated oven.
- Bake 12 to 15 minutes or until browned and puffed.