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### **Asparagus Ricotta Frittata**

1 lb. asparagus, hard ends trimmed  
½ lb. Ricotta cheese  
8 eggs  
1 ½ cups milk  
½ lb. grated cheese such as Gruyere, Cheddar or Mozzarella  
1 ½ cups sour cream  
3 tablespoons Dijon mustard  
Salt & Pepper  
Paprika for sprinkling on top

1. Preheat oven to 375 degrees.
2. Spread the ricotta cheese in the bottom of an oven proof, sided dish.
3. Layer the shredded cheese on top.
4. Layer the asparagus on top of the grated cheese.
5. In a bowl whisk the eggs. Add the milk and Dijon mustard. Whisk a little longer.
6. Pour the egg mixture over the asparagus.
7. Carefully spread the sour cream on the egg mixture.
8. Sprinkle with paprika.
9. Bake for 35 to 40 minutes until eggs are firm.
10. Serve.