



# Noreen's Kitchen

## Ham & Asparagus Frittata

### Ingredients

8 whole eggs	1 teaspoon hot sauce
1 cup cottage cheese	1 teaspoon Herbs De Provence
1 cup ham, chopped	1/2 teaspoon salt
1 cup asparagus, cooked & diced	1/2 teaspoon cracked black pepper
1/2 cup shallots, thinly sliced	1/4 cup Parmesan cheese
2 tablespoons lemon juice	2 cups Gouda Cheese, shredded

### Step by Step Instructions

Preheat oven to 350 degrees

Crack eggs into a bowl and beat well with a whisk.

Add cottage cheese and blend well.

Add lemon juice, hot sauce, salt, pepper and Herbs de Provence and whisk to combine.

Melt butter in an oven safe skillet or chef's pan.

Sautee shallots briefly just to heat through, adding in asparagus and ham and toss gently to combine. Allow to come to a sizzle.

Pour egg mixture over the ham and vegetables in the pan.

Gently stir to distribute the fillings evenly.

Cook slowly until the curds are somewhat set, but the mixture will still seem a bit loose.

Sprinkle Parmesan and Gouda cheeses over the top of the Frittata.

Transfer pan to oven and bake for 15 to 20 minutes until bubbly and completely set and a knife inserted in the center comes out clean.

Remove from oven and allow to sit for 10 minutes before cutting into wedges.

Serve with salad or grilled vegetables for a complete meal.

**ENJOY!**