

## Asparagus Frittata

This can make a great breakfast, brunch or quick dinner packed full of protein and veggies. If you don't like asparagus you can substitute zucchini or broccoli.

1. Preheat the oven to 425 degrees F.  
Spray a baking sheet with cooking spray. In a small bowl, toss asparagus with olive oil. Place on baking sheet and bake in oven for about 12 minutes. Chop cooked asparagus into 1/2 inch pieces. Set aside.
2. In a medium bowl whisk together the egg substitutes, milk, salt, pepper and red pepper flakes. Set aside and prepare broiler.
3. Spray a 9 1/2-inch-diameter nonstick ovenproof skillet with cooking spray. Add margarine to skillet and melt over medium heat. Add asparagus to skillet and pour the egg mixture over the asparagus. Cook for a few minutes until the eggs start to set.
4. Add the mozzarella and Parmesan cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 2-4 minutes. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

Cut frittata into 6 equal slices and serve.

