



## ASPARAGUS FRITTATA

Frittatas are very versatile – they can be used at any meal as a main dish, side dish or appetizer, and can easily be turned into a quiche by adding a pie crust at the bottom (if able to tolerate higher amounts of fat). Eggs provide the highest quality protein available in any food. This recipe is great for those needing easy to chew/swallowing foods. **Yield: 1 9-inch quiche, serves 6**

### INGREDIENTS:

- ½ lb. fresh asparagus, trimmed and cut into ½ inch pieces
- 1 egg white, lightly beaten
- 4 eggs, beaten
- 1 ½ cups fat-free or low-fat milk
- ¼ tsp. ground nutmeg
- 1 Tbsp. Dijon mustard
- 1 cup shredded Swiss or muenster cheese (use reduced fat cheese if experiencing fat intolerance)
- Salt and pepper to taste

### DIRECTIONS:

1. Preheat oven to 375°.
2. Add asparagus to saucepan with 1 inch of water or place in a steamer. Steam for 4-6 minutes or until tender but not mushy. Once steamed, allow it to drain well and cool.
3. Coat pie dish with nonstick cooking spray.
4. Add drained and dried asparagus to pie dish.
5. In a bowl, beat together eggs, milk, mustard, nutmeg, salt and pepper. Add shredded cheese and mix in.
6. Pour egg mixture into pie pan.
7. Bake uncovered in preheated oven until firm, about 40-50 minutes.
8. Enjoy warm or at room temperature.

### NUTRITIONAL DATA:

125 calories, 8.8 grams fat, 4.6 grams saturated fat, 127 mg cholesterol, 2.2 grams carbohydrate, 0.9 grams dietary fiber, 9.9 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*