

[Shaved Asparagus Frittata](#)

from The Smitten Kitchen food blog, Deb Perelman

Notes:

- I added a few slices of prosciutto that I'd first crisped in the pan. While they were certainly not unwelcome, you're not going to need them here to make a great, even vegetarian, frittata.
- My favorite peeler for ribbon-ing asparagus, and well, basically everything is a y-shaped one. [I have this one](#). I like it so much get stressed when it's in the dishwasher and I have to be away from it for an hour.
- I ended up expecting to use 4 ounces of goat cheese but only used 2. Use the amount that looks good to you; if you buy too much, the extra is great crumbled on at the end, or basically on anything, in my opinion. You could, of course, use a handful of any other cheese that you prefer here. Frittatas are flexible.

Serves: 6 in dinner-sized wedges (presuming a salad or something else on the side.)

Prep: approximately 10 minutes to prep a

Cook: approximately 10 minutes

1/2 pound asparagus, cleaned, not trimmed

2 ounces thinly sliced prosciutto (optional, see Note up top)

8 large eggs

2 tablespoons milk or cream

1/2 teaspoon kosher salt, plus more to taste

Freshly ground black pepper

2 scallions, thinly sliced on the diagonal

2 tablespoons olive oil

2 to 4 ounces soft goat cheese, crumbled (to taste)

Prepare the asparagus: No need to snap off the tough ends of your asparagus. Lay a single stalk on its side on a cutting board. Holding onto the tough end, use a vegetable peeler to peel ribbons away from the tough end (and your hand) right through the soft tip. Discard the tough ends once you're done peeling.

[As you get to the bottom of your stalk, you might find that the raised edge of your peeler is keeping the blade from shaving the asparagus as thin as you'd

like. For this, I move the asparagus to the edge of the cutting board with the peeler blade half-off so you can get closer. Just be careful not to shave your cutting board.]

Crisp the prosciutto: If you're using the prosciutto, heat the 12-inch ovenproof skillet you'll use for the final frittata over medium heat. Lay slices in a single layer (will need to do this in two batches) and cook them until lightly brown underneath and curling. Flip them for another 20 to 30 seconds then transfer them to paper towels to blot off the extra oil and cool. Repeat with remaining prosciutto. You'll use the pan again in a minute.

Heat your broiler.

Vigorously beat your eggs with the milk or cream, plus salt and pepper until well-combined. Stir in scallions and crumble in crisp prosciutto, if using. Gently add asparagus peels, just swishing the egg mixture over them.

Heat your skillet over medium heat and add 2 tablespoons olive oil. Let it heat fully, then swish it around so it goes up the sides of the pan. Pour in asparagus and egg mixture, nudging the asparagus around so it mostly stays level with the eggs. Crumble goat cheese over, to taste. Cook gently (lowering the heat to medium-low if needed) for about 5 minutes, until the edges are set and brown but it's still loose and eggy on top. Transfer skillet to the broiler and cook for another 1 to 3 minutes, keeping a close eye on it, until eggs are set on top.

Let cool for 5 minutes before cutting into wedges, or longer if you'd like to eat it at room temperature.