

Italian Style Frittata

1 ½ Tbsp. Olive Oil	3 Tbsp. Parmesan Cheese, grated
1 C. Onion, thinly sliced	1 Tbsp. Franks Red Hot Sauce
1 ½ C. Zucchini, sliced thin	1 tsp. Sea Salt
1 C. Asparagus, chopped in 1" pieces	¼ tsp. Pepper
3 Eggs, whole	1 oz. Prosciutto, about two slices
3 Tbsp. Almond Milk, unsweetened	

Preheat oven to 350°, and place in it, a glass pie pan. Heat 1 Tbsp. Olive Oil over medium heat, and add the onions. Season with half of the salt and pepper, and cook until translucent, about 10 minutes. Add in the zucchini, and cook until browned and slightly soft, about 5 minutes. Add in the asparagus, and cook until just green, about 1 – 2 minutes. While the vegetables are cooking, grate 3 Tbsp. Of Parmesan Cheese in a medium sized bowl, then crack in the eggs, add the milk, and season with the remaining salt & pepper, and the Franks Red Hot Sauce. Mix well. Carefully remove the pie pan from the oven, and spray with a light coating of olive oil. Place the veggies evenly in the pan, and add the egg and cheese mixture. Bake for about 20 minutes, or until the eggs are set. I like to finish it by placing it under the broiler for about 3 minutes, making sure it's cooked, and has a light golden color on the top.

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Nutrition Information:**Calories:** 165**Total Fat:** 10.9g**Sat. Fat:** 2.8g**Cholesterol:** 170.6mg**Sodium:** 800.8mg**Carbohydrates:** 7.8g**Fiber:** 1.8g**Sugars:** 2.9g**Protein:** 9.8g