



Visiting Nurse Association  
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



## Feta, Scallion & Asparagus Frittata

*Serves 4. Recipe from CookingLight.*

### Ingredients

2 large egg whites  
6 large eggs  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
⅓ cup 1% milk  
8 ounces raw asparagus  
¼ cup thinly sliced shallots  
3 tablespoons chopped scallions  
2 ounces crumbled feta cheese

### Nutritional info

Calories:	183
Fat:	11g
Protein:	15g
Sodium:	426mg

### Directions

1. Preheat broiler to high. Combine egg whites, eggs, salt, pepper, and milk; stir with a whisk.
2. Heat a 9-inch cast-iron skillet over medium heat on stovetop.
3. Layer in asparagus, shallots, and scallions.
4. Sprinkle with crumbled feta cheese.
5. Carefully pour egg mixture over cheese. Cook over medium heat 5 to 6 minutes or until eggs are partially set; then broil 5 inches from heat for 2 to 3 minutes or until browned and almost set.