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## CECCHINI ASPARAGUS FRITTATA

SERVES 6 AS A MAIN COURSE, 12 AS A SECOND COURSE, AND SEVERAL AS  
AN APPETIZER / PREP TIME: 5 MINUTES / COOK TIME: 40 MINUTES

*This easy recipe is a very old Cecchini family favorite. Frittatas are satisfying and versatile; this one can be used as a meal, side dish, or as an appetizer. This recipe is very large but it can easily be cut in half. In most Cecchini family recipes, we use large to jumbo-size eggs. This recipe uses smaller standard-size eggs.*

12 eggs

3 tablespoons olive oil

2 pounds sweet Italian sausage, crumbled into small pieces

Italian seasoning

Garlic salt

Freshly ground black pepper

3 pounds standard-size asparagus spears, tough ends removed  
and cut into 1/4-inch pieces

1. Crack the eggs into a large mixing bowl and whisk them thoroughly.
2. Heat the olive oil in a large nonstick sauté pan over medium-

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high heat. Add the Italian sausage and cook it until it is nicely browned. Add the asparagus and cook until just tender. Add the Italian seasoning, salt, and pepper to taste.

3. Preheat the broiler.
4. Carefully pour the eggs evenly over the sausage and asparagus into the pan. As the egg starts to set, scrape it from the sides and bottom of the pan so it cooks evenly. Then leave the eggs undisturbed in the pan as they continue to cook.
5. Once the eggs are almost set, run the pan the under the broiler for 2 minutes to cook the top of the frittata. Watch very carefully that the top does not burn.
6. Allow the frittata to cool for 10 minutes. Then slide it onto a large round serving platter and serve.

