

These elegant individual servings are a perfect entrée for a breakfast buffet. Serve them at Christmas or for an Easter brunch along with fresh fruit and SCD sausage patties.

Asparagus Mini Tarts



Serves 4

1 pound fresh asparagus,
trimmed
Water for boiling
1 c. shredded Gruyere or
Swiss cheese
1/2 c. regular or flat-leaf
parsley
6 eggs
2 Tbs. water
1/2 tsp. salt
1/8 tsp. cayenne pepper
1/8 tsp. ground nutmeg



Cut tops off of each asparagus spear; set tops aside. Cut stem ends into 3/4-in. pieces. In a small saucepan, bring water to a boil. Add the 3/4-in. asparagus pieces; cover and boil for 3-4 minutes. Drain in a strainer and run cold water over asparagus. Allow to thoroughly drain.

Meanwhile, generously grease 8 muffin cups with oil. Divide the blanched asparagus, cheese and parsley evenly between each muffin cup. In a small bowl combine the eggs, water, salt, cayenne and nutmeg; pour into each muffin cup. Arrange asparagus tips over egg mixture. Cover and freeze for up to 2 weeks.

If baking now, preheat oven to 375 °, and place on a baking sheet. Bake for 20-25 minutes or until a knife inserted comes out clean. Let stand for 10 min. before serving. To use frozen Frittatas: Remove from the freezer 20 minutes before baking (do not thaw). Bake and serve same as above, but bake for 30-35 minutes.