

Asparagus Frittata

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| 1 small bunch washed asparagus (about ¾ pound) | Sea salt to taste (or regular salt) |
| 1 cup diced onion | Black pepper to taste |
| 1 tablespoon butter | 1/8 teaspoon nutmeg (optional) |
| 4-5 eggs | 1/4 cup grated cheese such as cheddar, monterey jack, or crumbled feta |
| 1/2 cup milk | |

- Preheat oven to 300 degrees.
- Hold asparagus at the end of the stem and bend to break. Discard ends. Cut spears into 1-inch pieces.
- Melt the butter in an oven safe skillet. Add onions and cook over medium heat until tender.
- Add asparagus pieces to pan along with 1 tablespoon of water. Cover the pan and allow the asparagus to steam for 1-3 minutes, until tender.
- Meanwhile, mix together the eggs with the milk.
- Add salt, pepper, and nutmeg.
- Pour the egg mixture into the pan with the asparagus and onions. Add the cheese, pressing it gently into the eggs. Cook on the stovetop for 1 to 2 minutes. Transfer pan to the oven and bake until the eggs are just set. Check after 5 minutes.
- Remove from the oven, cool for a few minutes and then slice into serving size wedges.

Serve with salad, good bread and maybe a few steamed new potatoes.

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Asparagus Soup (from Moosewood Cookbook)

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| 2 pounds fresh asparagus | 2 cups water (can use chicken or vegetable stock for more flavor) |
| 1½ tablespoons butter | 2 cups hot milk |
| 2 cups chopped onion | 2 teaspoons dill |
| 1 ½ teaspoons salt | 2 teaspoons tarragon |
| 3 tablespoons all purpose flour | Pinch of black pepper |

- Wash asparagus in cold water. Hold asparagus spear at the end of the stem and bend to break. Discard ends. Cut spears into 1-inch pieces, reserving tips.
- Cook onion and asparagus pieces in butter and salt for 10 minutes over medium heat, in a pot. When the onions are transparent and soft, sprinkle in 2 tablespoons flour, stirring constantly for another 8-10 minutes. (The flour will help to thicken the soup)
- Add water (or stock) and stir constantly until it boils, then lower heat to simmer. After 5 minutes, sprinkle in last tablespoon of flour, mix well. Cook for another 8-10 minutes, stirring frequently.
- Puree soup with hot milk in small batches in food processor or blender. Place pureed soup back into a pan. Season the puree with dill, tarragon, salt and pepper.
- Add asparagus tips and heat soup gently. Do not boil.

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