



Asparagus, Potato, and Onion Frittata

- 1/2 yellow onion
- 2 potatoes
- 1 pound asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup diced ham
- 6 eggs
- 1 tablespoon milk
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded white Cheddar cheese

1. Remove the skin from the onion. **Scrub the onion and potato with a vegetable brush while holding under cold running water. Cut the ends off the potato on your produce cutting board.** Using a grater, coarsely grate the potato and squeeze dry. **Chop the onion on your produce cutting board.**
2. **Place asparagus into a colander. Run cold water over the asparagus while rubbing each spear with your finger tips. Using the produce cutting board, slice the asparagus into 2 inch pieces.**
3. Heat oil in a large skillet over medium heat. Add the shredded potato and onion and cook, stirring occasionally, until the potato begins to brown, about 5 minutes. Season potato and onion mixture with salt and pepper.
4. Add asparagus and ham and continue cooking until asparagus is tender, about 5 to 7 minutes. Remove pan from heat.

