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Selections from our “Mucho Easy” Recipe Collection

Capellini Frittata with Asparagus

Ingredients:

1 lb. fresh asparagus, trimmed
1/2 pound capellini (angel hair pasta)
1 red pepper, diced
1/2 cup olives, sliced
3 cloves garlic, minced
6 Tbls. olive oil
4 large eggs, beaten

This delicious recipe was served at a Mother's Day Brunch Lisa attended and has become a family favorite. It is perfect for this time of year since asparagus is fresh and easy to find.

Steam asparagus until color changes, but still crisp, about 3 minutes. Blanch asparagus in ice water, drain, set aside. Cut into 1/2 inch pieces. Cook pasta al dente and drain. Saute red pepper and garlic in 1 Tbl. olive oil until tender.

In large bowl, toss capellini, asparagus, pepper, garlic, olives, 2 Tbl. olive oil, and beaten eggs. Combine well.

In a 12-inch non-stick skillet heat 3 Tbls. olive oil and add pasta mixture. Spread evenly in pan. Reduce heat to medium and cook frittata, moving position of pan over heat to evenly crisp bottom. Cook approximately 10 minutes until bottom becomes crisp. Use a round cookie sheet to place over skillet and invert frittata. (It's OK to get help to do this part!)

Slide frittata back into pan and cook other side in same manner. You want almost all moisture (egg) to solidify so that both sides are crispy. Cool frittata on serving platter to room temperature.

Enjoy for lunch, brunch, or a light supper.

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