

Italian Asparagus Omelet



- 12 medium-thick asparagus spears
- 8 eggs
- 2 tablespoons grated onion
- salt and pepper to taste
- ½ teaspoon Tabasco sauce (optional)
- 1 cup shredded Gruyere cheese
- 3 tablespoons butter
- 1 tablespoon minced parsley

1. Peel and trim asparagus, cook until just crisp tender. Drain well, and cut the spears into 1½-inch pieces.

2. In a bowl combine eggs, onion, salt, pepper, Tabasco and 3 tablespoons grated cheese. Whisk until smooth.

3. Heat butter in a 10-inch skillet, pour in the egg mixture and cook over gentle heat until the eggs just start to set, about 3 or 4 minutes.

4. Remove from heat, sprinkle with remaining cheese and asparagus and place the skillet under a preheated medium hot broiler — about 6 inches from the heat. Broil for a minute or so until eggs are set and the top is lightly browned. Loosen edges of omelet with a spatula, slide on a serving plate and sprinkle with parsley. Makes 4 servings.