

# Sheet Pan Asparagus Frittata

Makes 12 servings

Olive oil, for greasing

1 lb. asparagus, trimmed

12 large eggs

1 cup milk

2 tsp. Dijon mustard

Kosher salt and pepper

2 cups baby spinach, sliced

2 1/2 oz. goat cheese,  
crumbled (1/2 cup)

Heat oven to 375°F. Lightly oil (1 teaspoon) rimmed baking sheet.

Slice asparagus ends on bias 1/4 inch thick, leaving top 4

inches of each spear intact, then halve each lengthwise (or quarter if thick).

In large bowl, whisk together eggs, milk, Dijon, 1 teaspoon salt, and 1/2 teaspoon pepper.

Stir in spinach and bias-cut asparagus, then pour into prepared baking sheet.

Scatter top with asparagus spears and goat cheese.

Bake, rotating pan halfway through, until eggs are puffed and middle no longer jiggles, 20 to 22 minutes.

Let rest 5 minutes before slicing.

<https://www.goodhousekeeping.com/food-recipes/a43456600/sheet-pan-asparagus-frittata-recipe/>