

Health Corner TV®
Chef MD®: Asparagus and Salmon Frittata

The fleshy green spears of asparagus are both succulent and tender and have been considered a delicacy since ancient times. This highly prized vegetable arrives with the coming of spring. Asparagus is a perennial, an almost leafless member of the lily family. The spears we buy in the store are actually the shoots from an underground crown. It takes up to three years for crowns to develop enough to begin producing shoots, but once they do, they can produce for up to 20 years. Asparagus is the most folate-rich food known. Too little folate in the diet during pregnancy has been known to cause severe birth defects like spina bifida. Asparagus also has a diuretic effect. It has been used to treat conditions involving swelling, like arthritis. Thick asparagus stalks are more tender than thin ones, because they have less skin in proportion to flesh. Chopping asparagus doesn't affect its antioxidant capacity, but boiling does: so steam or sauté asparagus instead. Enjoy this wonderful, healthful ChefMD®-approved recipe for a traditional Italian open faced omelet!

Preparation Time: 12 minutes

Cooking Time: 12 minutes

4 Servings

108 Calories per Serving, 32% from Fat

Ingredients:

Butter-flavored cooking oil spray

6 ounces shiitake mushrooms, stems discarded, caps sliced

6 ounces asparagus spears, trimmed and cut into one inch pieces

5 large egg whites

1 large egg

3 tablespoons fat-free soy milk or milk

2 tablespoons chopped fresh dill

One-quarter teaspoon salt

One-quarter teaspoon freshly ground black pepper
4 ounces smoked salmon, coarsely chopped
2 tablespoons reduced-fat sour cream

Preparation:

Heat an ovenproof, slope-sided, 10-inch skillet over medium heat. Coat with cooking oil spray. Add mushrooms and asparagus; cook 5 minutes, stirring occasionally. Preheat broiler. In a medium bowl, beat together egg whites, egg, milk, 1 tablespoon of the dill, the salt and pepper. Stir in smoked salmon; pour mixture into skillet over vegetables; mix well. Press vegetables down into an even layer under the egg mixture. Cook without stirring until eggs are set on bottom, about 4 minutes center will be wet). Transfer to broiler; broil 4 to 5 inches from heat for 2 minutes or until eggs are set. Cut into wedges. Drop spoonfuls of sour cream on wedges, and sprinkle remaining 1 tablespoon dill over frittata before serving.

Substitutions:

Crimini mushrooms may replace the shiitake mushrooms, but with some loss of flavor; lox that is not salty may replace smoked salmon.

Tips:

This dish keeps well. If there is any left over, take it on a picnic or have it for a snack.

Nutritional Analysis:

Total fat (g) 3.9
Fat calories (kc) 35
Cholesterol (mg) 63
Saturated fat (g) 1.3
Polyunsaturated fat (g) 0.7

Monounsaturated fat (g) 1.4

Fiber (g) 1.3

Carbohydrates (g) 5.0

Sugar(g) 1.3

Protein (g) 13.7

Sodium (mg) 805

Calcium (mg) 33

Magnesium (mg) 27

Zinc (mg) 0.8

Selenium (mcg) 36

Potassium (mg) 439

Flavonoids (mg) 0

Lycopene (mg) 0

Fish (oz) 1

Nuts (oz) 0

Vitamin A (RE) 77

Beta-carotene (RE) 41

Vitamin C (mg) 13

Vitamin E (mg) 1.4

Thiamin B1 (mg) 0.1

Riboflavin B2 (mg) 0.5

Niacin B3 (mg) 3.6

Vitamin B6 (mg) 0.2

Folate (mcg) 60

Vitamin B12 (mcg) 1.2