



## Asparagus and Fontina Cheese Omelet

### INGREDIENTS:

1/2 lb asparagus, tough stems trimmed off  
4 x eggs, beaten  
1 tsp minced fresh dill  
1 tbl whipping cream  
1/4 tsp salt  
1/4 tsp black pepper  
1 tbl butter  
1/2 cup shredded Fontina cheese (2 ounces)

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### DIRECTIONS:

Place asparagus in a 10 inch skillet with water to cover. Bring to boil.  
Reduce heat to medium and cook 5 minutes or until asparagus are tender. Drain and set aside.  
Dry skillet. Beat eggs with dill, cream, salt and pepper. Melt butter in skillet. Pour in egg mixture and heat until eggs are almost set, 1 to 2 minutes.  
Lift up cooked egg to allow raw egg to flow to bottom of skillet and cook. When omelet is glistening and slightly undercooked, sprinkle with cheese and top with asparagus spears. Cook 1 minute longer. Fold omelet in half and ease from skillet. Cut in half.

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