

# WAIPAPA BAY

## ASPARAGUS SMOKED TROUT FRITTATA

*pair with Waipapa Bay Pinot Noir Rosé*

Rosé isn't just about summer sipping and there's enough fruitiness in ours to stand up to strong flavors, while its lively acidity will lift any dish. This asparagus and trout dish is surprisingly quick to make and goes perfectly with the rosé's fresh structure.

**SERVES:** 4

### INGREDIENTS:

8 ounces thin asparagus, trimmed and cut into 1-inch pieces  
1 tablespoon 2% reduced-fat milk  
1/4 teaspoon freshly ground black pepper  
1/8 teaspoon salt  
4 large eggs  
4 large egg whites  
1/4 cup grated fresh Parmigiano-Reggiano cheese, divided  
1 1/2 teaspoons chopped fresh dill  
4 ounces smoked trout, skinned and flaked into large pieces  
Cooking spray  
1 teaspoon canola oil  
1/2 cup minced green onions



### INSTRUCTIONS:

Preheat oven to 450 F. Cook asparagus in a large saucepan of boiling water 2 minutes. Drain and plunge asparagus into ice water; drain and pat dry. Combine milk and next 4 ingredients (through egg whites) in a medium bowl, stirring with a whisk. Stir in asparagus, 2 tablespoons cheese, dill, and trout.

Heat a 10-inch ovenproof skillet over medium heat. Coat pan with cooking spray. Add oil and onions to pan; cook 1 minute, stirring occasionally. Pour egg mixture into pan; stir once. Cook without stirring for 2 minutes or until edges begin to set. Place pan in oven. Bake at 450F for 8 minutes or until eggs are just set. Remove from oven; sprinkle evenly with remaining 2 tablespoons cheese.

Preheat broiler. Broil frittata 2 minutes or until lightly browned. Remove from oven; let stand 5 minutes. Cut into 8 wedges.

*Recipe and photo: Laraine Perri and Cooking Light, Myrecipes.com*