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**Bacon Cheddar Apple Frittata**

2 tsp butter

1 WHFF apple, peeled and thinly sliced

4 eggs

2 egg whites

2 TBSP water

½ C grated cheddar cheese

Salt

Pepper

4 strips pre-cooked bacon

Preheat broiler. Melt butter over medium-high heat in a 10-inch oven proof skillet. Add apple slices and saute approximately. 12 minutes or until soft. Meanwhile, in a large bowl, whisk eggs, egg whites and water until frothy. Stir in cheese, salt, and pepper. Place bacon strip on top of apples. Pour egg mixture into skillet. Cook 2 minutes, or until bottom and sides are set. DO NOT STIR! Carefully transfer skillet to broiler and cook, 6 inches from heat, for 2-3 minutes or until top is set. ENJOY.

**Quiche Asparagus**

1 lb. WHFF asparagus, trimmed & cut into ½ inch pieces

10 strips pre-cooked bacon

2 8-inch unbaked pie shells

1 egg white, lightly beaten

4 eggs

1 ½ C half & half cream

½ tsp ground nutmeg

Salt & pepper to taste

2 C shredded swiss cheese

Preheat oven to 400. Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still form, about 2-6 minutes. Drain and cool. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Brush pie shells with beaten egg white. Sprinkle crumbled bacon and chopped asparagus into pie shells. In a bowl, beat together eggs, cream, nutmeg, salt and pepper. Sprinkle swiss cheese over bacon and asparagus. Pour egg mixture on top of cheese. Bake uncovered in preheated oven until firm, about 35 – 40 minutes. Let cool to room temperature before serving. ENJOY.