

STAY SAFE. STAY ENGAGED.

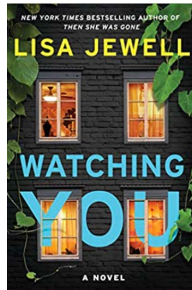
# STAYCONNECTED

## Book Recommendation

**Watching You** by: Lisa Jewell



**Recommended by Stacey Sheridan**  
Director of Strategic Partnerships & Innovation, Senior Business Consultant



## Binge TV Recommendation

**Apple TV+: Defending Jacob**



**Recommended by Ray Sclafani**  
Founder & CEO, ClientWise



## Blog Recommendation

**The Verge**



**Recommended by Lisa Lordi**  
Graphic Designer and Instructor



## Recipe Recommendation

**Asparagus and Goat Cheese Frittata**



**Courtesy of Spencer Wright**  
Executive Chef at Plain & Fancy

Serves: 8

12 eggs  
3 tbs. finely chopped fresh chives  
1/4 tsp. finely chopped fresh tarragon  
2 tbs. finely chopped fresh chervil  
2 oz. prosciutto, cut into 1/4 inch strips  
1/2 tsp. salt, plus more to taste  
Freshly ground pepper to taste  
6 oz. goat cheese, crumbled  
2 lb. asparagus, tough ends trimmed (spears steamed until just tender and cooled)  
3 tbs. unsalted butter  
1 leek, thinly sliced and rinsed well

In a bowl, whisk together the eggs, chives, tarragon, chervil, prosciutto, 1/2 tsp. salt and pepper. Stir in 4 oz. of the cheese. Cut enough asparagus ends into 1/4 inch lengths to measure 3/4 cup and add to the egg mixture. Reserve the remaining asparagus spears.

In the deep half of a frittata pan over medium heat, melt 1 tbs. butter. Add the leek and salt and cook until the leek is tender, about 8 minutes.

Transfer to the egg mixture. In the deep half of the frittata pan over medium heat, melt 1 tbs. butter. Add the egg mixture and cook, scraping the sides and bottom of the pan with a rubber spatula to allow the uncooked eggs to flow underneath, 3 to 4 minutes. Place the shallow pan upside down on top of the deep pan and cook for 6 to 8 minutes more.

Remove from the heat, uncover the deep pan and arrange the reserved asparagus spears on top of the frittata in a spoke formation. Meanwhile, set the shallow half of the pan over medium heat and melt the remaining 1 tbs. butter.

Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Cook, covered, for 10 to 12 minutes. Flip the frittata back into the deep pan, then slide the frittata onto a serving plate. Let stand for 5 minutes. Top the frittata with the remaining cheese and serve.