



Asparagus & Mushroom Frittata

4 servings**25 minutes**

Ingredients

8 Egg
1/4 cup Water
1 tbsp Extra Virgin Olive Oil
2 cups Mushrooms (sliced)
1 cup Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	192
Fat	13g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	15g
Selenium	36µg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.