

## Spring Frittata

- 1 Tablespoon olive oil
- ½ cup sliced Spring green onions, leeks, chives or scapes
- 1 cup chopped fresh asparagus – set aside 2” tip pieces
- 1 cup chopped Spring greens, such as arugula, baby spinach or broccoli leaves
- 2 garlic cloves, minced
- 6 eggs
- ¼ cup water or milk
- 1/8 teaspoon salt & pepper, each
- ¼ cup fresh mozzarella
- ¼ cup feta, crumbled
- ¼ cup fresh chopped leafy herb, such as parsley, oregano, tarragon or basil



Preheat the oven to 375 degrees F. Using an 8-9 inch oven-safe skillet, heat oil over medium. Sauté onions and asparagus, followed by adding in greens and garlic until desired tenderness. Remove asparagus tips for arranging on top if you wish. In a separate medium-large bowl, whisk eggs, liquid, salt and pepper until foamy. Pour mixture into skillet and cook over medium-low heat until beginning to set on the bottom. Sprinkle with cheeses and arrange asparagus spears on top. Move skillet to the oven and bake for about 10 minutes or until eggs are set. Top with fresh herbs as desired.

Nutrition per 1/4<sup>th</sup> recipe: 200 Calories; 14g Fat; 14g Protein; 4g Carbs; 2g Fiber; 320mg Sodium



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