

Spring Frittata with Asparagus & Spring Onions



SERVINGS: 4



INGREDIENTS

- 1 tablespoon Extra-virgin Olive Oil - Cobram Estate EVOO (ON SALE \$13.99) or Unsalted Butter - Moinear Unsalted Butter (ON SALE \$4.99)
- ½ pound thin fresh asparagus spears, trimmed, cut into 1/2-inch pieces
- ¼ cup spring onions, trimmed to fit pan & sliced length wise into fourths
- 3 Tablespoons chopped fresh dill*
- ¼ cup Sierra Nevada Cheese Co. Sharp Cheddar (ON SALE \$5.79) shredded or Follow Your Heart Dairy Free Cheddar Shreds (\$4.99)
- 8 - 10 Judy's Large Brown Eggs, beaten (1 doz \$5.99) or 16 oz of Just Liquid Vegan eggs
- Kosher Salt - Baleine Kosher Sea Salt (\$6.99) & pepper*

**Most of the spices, herbs & seasonings you need can be found in our bulk department.*

Find all the seasonal produce you'll need for this recipe and more in our 100% Organic Produce Department.

DIRECTIONS

1. Preheat oven to 375 F
2. Melt butter or heat oil in 10-inch oven safe skillet over medium heat, making sure it is well coated in oil.
3. Add asparagus & onions; cook 6 minutes or until crisp-tender, stirring occasionally.
4. Wisk eggs with dill, salt & pepper to taste
5. Pour eggs over vegetables; sprinkle with cheese, bake until eggs are cooked through and fluffy/golden brown – about 10 - 12 minutes.
6. Cut into wedges to serve.

