

Asparagus & Mushroom Frittata

7 ingredients · 25 minutes · 4 servings



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.

Ingredients

8 Egg

59 milliliters Water

15 milliliters Extra Virgin Olive Oil

192 grams Mushrooms (sliced)

134 grams Asparagus (sliced)

2 stalks Green Onion (chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	192	Vitamin D	85IU
Fat	13g	Vitamin E	2mg
Carbs	4g	Vitamin K	26µg
Fiber	1g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.7mg
Protein	15g	Niacin	2mg
Cholesterol	372mg	Vitamin B6	0.3mg
Sodium	146mg	Folate	74µg
Potassium	368mg	Vitamin B12	0.9µg
Vitamin A	1033IU	Phosphorous	258mg
Vitamin C	4mg	Magnesium	22mg
Calcium	70mg	Zinc	2mg
Iron	3mg	Selenium	36µg

