

# *Asparagus Frittata*

Serves 4  
Prep Time:  
25 mins

## Ingredients

- 10 large eggs
- 1 cup basil, stems removed, thinly sliced
- 2 Tbsp olive oil
- 1 bunch of asparagus, thinly sliced
- 3 garlic clove, minced
- Salt & Pepper, to taste

## Instructions

1. Preheat oven to 400°F.
2. Whisk eggs in a medium bowl, season with salt, pepper, and sliced basil. Stir gently to combine.
3. Heat oil in a medium sized skillet, over medium heat. Add garlic and asparagus. Cook until garlic is fragrant and asparagus has softened, about 2-3 minutes.
4. Reduce heat slightly, pour egg mixture over vegetables into skillet and stir to combine.
5. Transfer skillet to oven and cook for 10-15 minutes or until frittata is set, slightly golden, and puffed.

**Nutrition Facts: 1 serving contains:**  
Calories 236 kcal; Fat 17g; Saturated Fat 4g; Carbs 4g; Fiber 2g; Protein 16g; Sodium 197mg



# *Asparagus*



## Health Benefits & Fun Facts

- Asparagus comes in a variety of colors, from green, white, to even purple
- It is a very good source of fiber, vitamins A, C, E, K, & B, phosphorus, potassium, copper, & manganese.
- 1 cup is only about 26 calories
- Under ideal conditions, it can grow up to 10-inches in 24 hours!
- Asparagus is a perennial which means that it comes back each year without replanting, producing new growth for up to 15 years
- Harvest season: spring
- To note: allow at least 1 year of growth before harvesting asparagus
- After eating asparagus, one might experience sulfur-smelling urine. This is due to the body excreting excess sulfur compounds that the body does not utilize.