



## Asparagus Frittata

*Servings per recipe: 1*

*Each serving counts as 1 protein, 1 vegetable*

### Ingredients

- 3 egg whites
- 1 whole egg
- 100 grams asparagus
- 1-2 cloves minced garlic
- 1 Tbsp dehydrated minced onion
- 1 Tbsp water
- 1 tsp parsley
- sea salt and pepper (to taste)
- Tabasco (optional)

### Directions

1. Preheat pan over MED heat.
2. Snap woody ends off asparagus and discard.
3. Snap each asparagus spear into 2-3 pieces.  
Add to pan with garlic & heat through until tender.
4. Preheat oven to 400.
5. In bowl, mix eggs & water. Add asparagus, minced onion, parsley, salt/pepper.
6. Pour egg mixture into non-stick baking dish (or dish lined with parchment paper).
7. Place in oven and cook 10-15 minutes until done.
8. Top with Tabasco (optional) and serve immediately.

