

Asparagus and Mushroom Frittata

By Nina Lynn



Ingredients: 16 stalks of organic asparagus
1 cup of sliced organic mushrooms
1 cup thinly sliced organic onion
8 large organic eggs
1/2 cup organic ricotta cheese
2 tbs. lemon juice
1/2 tsp. dried dill weed
1 tbs. coconut oil
sea salt and pepper to taste

Directions: Heat coconut oil in large oven-safe skillet over medium heat, add onions, mushrooms and asparagus and cook for about 5 min. Remove from heat and set aside 8 asparagus spears and 8 mushroom slices. Cut remaining spears into thirds and return to skillet. In separate bowl beat together eggs, ricotta cheese, lemon juice, dill and salt and pepper, and pour over the vegetables. Reduce heat to low, cover, and cook eggs until they are almost set, about 7 min. Preheat broiler while eggs cook. Uncover eggs and arrange the 8 spears and mushroom slices on top, place the skillet in the broiler, 6 inches from the heat and broil until the eggs are golden, about 3 min., cut into wedges and serve.

Organic, free range eggs are a healthy source of protein. Eggs also provide the body with the B vitamin Choline which is needed for brain function and health, and selenium, a potent cancer fighter. Asparagus is loaded with folate and vitamin K. Folate is an important nutrient for the cardiovascular system, and vitamin K helps build strong bones and prevent heart disease. Asparagus also feeds the healthy bacteria in our gut, helping to keep the gut flora balanced which contributes greatly to our overall general health.