

Asparagus Frittata

Servings per recipe: 1 Each serving counts as 1 protein, 1 vegetable

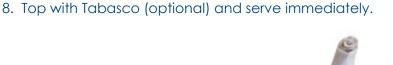
Ingredients

- 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.







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