



VEGGIE FRITTATA WITH TE ONIONS



- 1 dozen eggs, lightly beaten
- 1/2 cup heavy whipping cream
- 2 Tbsp butter
- 1 lb. asparagus, cut diagonally into 2-inch strips
- 8 ounces goat cheese
- 1 lb. mushrooms
- 2 cups cherry tomatoes
- 3/4 cup TE Caramelized Onion Spread
- 2 Tsp kosher salt
- 1 Tsp pepper



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- Preheat oven to 375°F.
- Mix eggs, TE Onions and cream together until well-blended, set aside.
- Sautee mushrooms in a large cast-iron skillet until softened (3-4 minutes).
- Add asparagus and tomatoes to skillet, sautee until asparagus turns bright green.
- Pour egg mixture into skillet and stir until all is blended.
- Cook for five 5 minutes or until the eggs begin to set.
- Remove from heat and sprinkle with goat cheese.
- Cook in oven for 20-30 minutes or until completely set.
- Broil when done for 2-3 minutes to toast the cheese.

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