

## VEGETARIAN FRITTATA

*Prepared in 15 minutes or less.*

- 12 eggs, room temperature
- 6 Tbs sour cream or creme fraiche
- 2 tsp lemon zest
- 2 Tbs fresh chives, chopped
- 1 Tbs fresh flat-leaf parsley, chopped
- 2 Tbs unsalted butter
- 2 Tbs extra-virgin olive oil
- 2 spring onions, thinly sliced
- 16 fresh mushrooms, rinsed, drained and thinly sliced
- 24 asparagus spears, cut into 2-inch pieces
- Salt and fresh pepper to taste

Preheat oven to 450F.

In a medium bowl, whisk eggs, sour cream, lemon zest, salt and pepper to taste until well combined. Set aside.

Heat butter and oil in a 9-inch oven-proof pan over medium high heat until butter begins to bubble.

Add onions and mushrooms and season with salt and pepper to taste. Cook for 3 minutes. Add the asparagus and season with more pepper. Cook until the onions are translucent and asparagus are cooked through yet crisp, approximately 3 minutes.

Add the egg mixture to the hot pan and move the pan to the oven. Bake frittata for 5 – 7 minutes or until all of the egg has set.

Remove from oven and sprinkle with chopped chives and parsley. Allow to rest for 5 minutes until the egg has completely firmed up before serving. Serves 4.

