



Ingredients

- ✓ 6 large natural eggs
- ✓ 2 Tbsp. milk or non-dairy “milk”
- ✓ ½ tsp. mild hot sauce (such as Cholula)
- ✓ ½ tsp. salt
- ✓ Freshly ground black pepper (to taste)
- ✓ ¾ cup Italian cheese, shredded
- ✓ 3 Tbsp. extra virgin olive oil
- ✓ 1 bunch asparagus (about ¾lb.)
- ✓ 5oz – 6oz baby spinach
- ✓ 1 clove garlic (~1 tsp.), minced or crushed

Notes:

- For the cheese, try using fontina, mozzarella, Asiago, Parmesan or a blend.

Preparation

In a small bowl, whisk together eggs, milk, hot sauce, salt and pepper until well blended. Stir in shredded cheese and reserve. Snap off ends of asparagus spears where they break naturally and discard. Cut asparagus spears into ½” - 1” lengths depending on their girth (i.e. shorter pieces for fatter asparagus). In a large skillet, heat olive oil over medium low heat. Add asparagus and cook and stir until tender, about 5-10 min depending on size. Stir in minced or crushed garlic, then stir in baby spinach and continue to cook and stir until spinach wilts. Spread out evenly in pan and pour egg mixture over it, making sure vegetables and cheese are evenly distributed. Cook over low heat until edges are set and broil for two minutes or until top is golden brown. Cut into wedges to serve.