



Asparagus Omelet

Spring is alive! Our senses are filled with the sound of the birds singing, both morning and afternoon. The crocuses peek up from the earth in a display of color, encouraging spring cleanup in the garden. It's a sign of what is to come and to celebrate the first crops of the spring. Spring is about brightness and enjoying the taste of vegetables such as radish, dandelion greens, and spring peas.

One of our favorites is asparagus, which is plentiful in Massachusetts and a wonderful way to welcome the warming weather. Asparagus is delicious prepared simply through roasting, steaming or grilling. You can find many other recipes on the web. Asparagus is a superfood loaded with nutrients, vitamins and anti-oxidants.

Try one of our favorite Greek recipes, an Open Asparagus Omelet. We know you'll find this recipe delicious!

Ingredients

1/4 cup extra virgin olive oil	dash salt
1 pound of asparagus, bottom stems snapped off and remainder cut into 2-inch pieces	dash pepper
1 fresh tomato, roughly chopped	1/2 cup of whole milk
6 eggs	1/2 cup of cheddar cheese cut in cubes

Instructions

1. Preheat oven to 350 degrees F
2. Heat olive oil in an oven safe frying pan on medium heat. Add asparagus and sauté for 3 minutes.
3. Place the tomato, salt and pepper in a bowl. Add the eggs and the milk. Mix well.
4. Add the egg mix to the frying pan, covering asparagus, and cook for 3 minutes. Add the cheese on top and bake in the oven for 10 minutes (or until egg is set) and serve.

Serve with a Greek salad and sourdough bread. Serves 2

Recipe by Bill Bradley, Registered Dietitian and Cookbook Author