



cara price

SMOKED SALMON & HERB FRITTATA

INGREDIENTS

8 eggs
1 cup asparagus, cut on the bias into bite size pieces
8 ounces smoked salmon, chopped
3 tablespoons butter or ghee, divided
½ cup green onions
¼ cup plain, unsweet coconut yogurt
2 tablespoons fresh tarragon, chopped
¾ teaspoon salt
½ teaspoon pepper

DIRECTIONS

preheat the oven to 425°.

Crack the eggs into a bowl & whisk in the coconut yogurt & the salt & pepper. Stir in the green onions & herbs. Set aside.

Cut the asparagus, on the bias, into bite size pieces. Melt 1 tablespoon of butter or ghee over medium high heat in 10" oven safe skillet. Sauté asparagus for 2-3 minutes, until just slightly starting to soften.

Add in the remaining butter/ghee and melt in the skillet with the asparagus, add the egg mixture & swirl to the edge of the pan. Arrange the smoked salmon over the top of the skillet & allow to cook long enough for the edges to get firm. Transfer skillet to oven & cook an additional 8-15 minutes until the top is firmly set & browned.

Once done, cut into pie shaped slices & serve hot.