

## Asparagus & Mushroom Frittata



## Ingredients

- 8 large eggs
- ½ cup coconut milk
- 1 tbsp mix fresh herbs, chopped
- 1 bunch asparagus, trimmed and cut into bite-sized pieces
- 4 oz mushrooms, sliced
- ¼ cup grated Parmesan cheese
- 2 tbsp olive oil
- Salt and pepper to taste

## Directions

1. Preheat the oven to 350°F (175°C). Grease a 9-inch pie dish or an ovenproof skillet.
2. In a skillet, sauté the asparagus and mushrooms in olive oil until tender.
3. In a bowl, whisk the eggs with coconut milk and mix fresh herbs until well beaten. Season with salt and pepper.
4. Pour the beaten eggs over the sautéed vegetables in the skillet.
5. Sprinkle the grated Parmesan cheese over the mixture.
6. Transfer the skillet to the preheated oven and bake for about 20-25 minutes, or until the frittata is set and lightly golden on top.
7. Allow the frittata to cool for a few minutes before slicing and serving.