

Smoked Salmon & Asparagus Frittata

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a large bowl. Add in the asparagus, mozzarella, and basil. Stir and season with salt and pepper.
3. Spray a deep baking dish or oven-safe pan with avocado oil spray. Pour the egg mixture into the dish. Cook in the oven for 20 to 22 minutes or until cooked through.
4. Top the frittata with smoked salmon and basil. Divide evenly between plates and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Store the salmon separately until serving.

Serving Size

A 7-inch (18 cm) round baking dish was used to make four servings. One serving is roughly 1/4 of the frittata.

More Flavor

Add shallot to the frittata.

Dairy-Free

Omit the mozzarella or use plant-based cheese instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

6 Egg
2 cups Asparagus (trimmed, chopped)
2 ozs Mozzarella Ball (torn into pieces)
2 tbsps Basil Leaves (plus extra for garnish)
Sea Salt & Black Pepper (to taste)
1/16 oz Avocado Oil Spray
2 ozs Smoked Salmon

Nutrition

Amount per serving

Calories	180	Cholesterol	293mg
Fat	11g	Sodium	272mg
Carbs	4g	Vitamin A	1090IU
Fiber	1g	Vitamin C	4mg
Sugar	2g	Calcium	134mg
Protein	17g	Iron	3mg