



Fabulous Furr-tata

with Zucchini, Asparagus & Raw Cheese ©

Ingredients:

- 10 Free Range or Organic eggs
- 1 tsp. sea salt
- 1 1/2 Tbs. unsalted raw butter
- 2 small zesty zucchini, sliced 1/8 inch thick
- 1/2 lb asprising asparagus, tough ends trimmed
- 2 Tbs. fresh oregano leaves
- 2 tsp. chopped fresh flat-leaf parsley, plus more for garnish
- 4 oz. raw cheese, grated or goat cheese, crumbled

Directions:

To trim the asparagus, simply break off the tough end of each spear by bending it gently until it snaps. It will break exactly where the tender part ends and the tough part begins. Peeling the skin off the thick ends helps the asparagus to cook more evenly.

In a bowl, toss the asparagus with the olive oil, sea salt and pepper.





Heat a grill pan over high heat. Place the asparagus on the pan and cook until tender and nicely grill-marked, 5 to 7 minutes. Transfer to a cutting board and cut into 2-inch pieces. Transfer to a plate. In a bowl, whisk together the eggs and 1/2 tsp. of the salt. Set aside.

In the deep half of a furr-tata pan over medium heat, melt 1 Tbs. of the raw unsalted butter. When it foams, add the zucchini and sprinkle with the remaining 1/2 tsp. sea salt. Sauté for 30 seconds. Add the oregano and the 2 tsp. parsley and cook for 30 seconds.

Add the Range Free or Organic eggs and, using a rubber spatula, quickly and lightly stir the eggs in a small circular motion to combine them with the zesty zucchini and asparagus. Using the spatula, gently lift the cooked edges to allow the uncooked eggs to flow underneath. Sprinkle the raw cheese on the frittata; do not stir. Reduce the heat to low and cook, without stirring, 4 to 5 minutes more.

Meanwhile, in the shallow half of the furr-tata pan over medium heat, melt the remaining 1/2 Tbs. raw butter. Place the shallow pan upside down on top of the deep pan and flip the furr-tata into the shallow pan. Reduce the

heat to low and cook, covered, for 3 minutes. Remove the top pan and continue cooking until the eggs are set, about 5 minutes more.

Using the spatula, loosen the edges of the furr-tata and gently slide it onto a plate. Garnish the furr-tata with parsley.

Bone Appetit!

