



ASPARAGUS AND MUSHROOM FRITTATA

INGREDIENTS:

- 1 tbsp olive oil
- 6 cups mushrooms, chopped
- 1 bunch asparagus, chopped
- 1 dozen Chino Valley Ranchers eggs
- ½ cup Monterey Jack cheese
- Salt and pepper

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Pour one tablespoon of olive oil into a skillet.
3. Add six cups of chopped mushrooms and season with salt and pepper.
4. Stir until the mushrooms are fully cooked.
5. Add one bunch of chopped asparagus and stir.
6. In a separate bowl, crack open one dozen Chino Valley Ranchers eggs and season with salt and pepper.
7. Use a fork to stir the mixture.
8. Transfer the veggies to a greased casserole dish and pour the egg mixture over the veggies.
9. Sprinkle with ½ cup of Monterey Jack cheese.
10. Bake at 350°F for 35 to 40 minutes.