



## **SALMON & ASPARAGUS FRITTATA**

**Serves 2**

**NUTRITION INFORMATION PER SERVING  
(WITHOUT OPTIONAL GARNISHES):  
308 CALORIES, 7 G CARBOHYDRATE,  
20 G FAT, 26 G PROTEIN**

**1 tsp oil**

**1/4 cup onion, diced**

**1 clove garlic, minced**

**1 jalapeno, minced**

**1/2 cup red peppers, diced**

**1/2 cup asparagus, chopped**

**6 oz salmon, cooked and flaked**

**4 large eggs**

**1/2 tsp paprika**

**black pepper, to taste**

**Optional garnishes: cheese, hot sauce**

### **DIRECTIONS:**

1. Heat oil in a large pan.
2. Sauté onion, garlic, jalapeno, peppers, and asparagus for 3-4 minutes.
3. Add salmon and paprika to pan and evenly distribute mixture across the bottom of the pan.
4. In a small bowl, whisk eggs together.
5. Pour eggs into pan, tilting the pan to spread eggs evenly around the pan so they cover the salmon mixture.
6. Cover pan with a lid and cook over low-medium heat for 7-8 minutes or until eggs are set.
7. Top with cheese and hot sauce if desired.