

## **Wild Mushroom, Asparagus and Goat Cheese Frittata**

### **Serves 4**

4 eggs

8 egg whites

1/2 teaspoon salt

1/4 teaspoon white pepper

1 tablespoon olive oil

1 cup young asparagus stalks, trimmed and broken into 1-inch segments

1 cup diced fresh wild mushrooms (chanterelles, oysters, cepes, lion's mane, morels)

1 small leek, washed well and thinly sliced (white part only)

1/2 cup soft goat cheese

Preheat oven to 400 degrees F.

Break eggs and egg whites into a medium bowl; whisk briskly until light and fluffy. Whisk in salt and white pepper, and set aside.

In a large, ovenproof skillet (preferably non-stick), heat olive oil and sauté asparagus, mushrooms and leek over medium high heat for about 3 minutes, or until asparagus is bright green. Pour eggs into skillet. Let set for about 10 seconds, then gently stir, starting from center. Lift edges so uncooked portions of the egg flow underneath. When eggs are about half set, dot the top with goat cheese and place pan in the oven. Cook for 7 to 9 minutes. Remove and let stand for 2 minutes before serving.