

Fresh Asparagus Scramble

INGREDIENTS

**1 lb asparagus spears,
ends trimmed**

8 large eggs*

salt, to taste

pepper, to taste

1 tbsp olive oil

**4 oz whipped garlic-and-herb
cream cheese**

**1 pt cherry tomatoes, sliced
into halves**

1 tbsp chopped fresh parsley

* Can also use 3 whole eggs and 9 egg whites

1. Blanch asparagus in medium-sized pot of boiling salted water until just tender, about 4 minutes. Drain and set aside.
2. Whisk eggs in large bowl, season with salt and pepper. Heat olive oil in large skillet over medium heat; add eggs. Stir until eggs are almost set, about 1 minute. Add cheese in dollops; then add tomatoes. Stir until cheese melts and eggs are softly set, about 2 minutes.
3. Cut asparagus into 3" pieces and fold into egg mixture; place on heated plate or oval ovenware. Garnish with parsley.

Yields 6 servings

Source: California Asparagus Commission