

MOT more of this
LOT less of that

Asparagus and Eggs

Tender asparagus with over easy eggs is packed with vitamins and minerals to start your day off right!

Serves: 1

Total time: <30 minutes

Ingredients

- 5-6 stalks asparagus
- 1 teaspoon olive oil
- 2 large eggs
- ¼ cup cheese of choice (Parmesan or Cheddar or Feta work well)

Recipe adapted from [Naturally Ella](#)

Directions

1. Cut about 1 inch from bottom of asparagus stalks.
2. Heat the olive oil over medium heat, add asparagus and sauté till tender.
3. Crack eggs over asparagus and cook over low heat till eggs are cooked to desired doneness.
4. Sprinkle cheese over eggs and asparagus.
5. Slide onto plate to enjoy

Mary-Beth says: *"This breakfast (or brunch or supper!) choice is delicious. Pick tender asparagus, and feel free to substitute the goat or blue cheese with your favorite. And getting a vegetable in at breakfast helps your whole day to be healthy-er."*