

# ASPARAGUS FRITTATA WITH SAUSAGE AND LEEKS

By Dr. Cindy Tanzar  
(Standard Plan and Vegan/Vegetarian Option)

Frittatas are a quick and easy way to make multiple servings for your week ahead. For substitutes, pan-fry our easy [Turkey Breakfast Sausage](#) recipe as ground sausage and use 3/4 of it, instead of the Al Fresca Italian Chicken Sausage; or vegans can make the [Vegan Italian Sausage](#) recipe.

This recipe makes 5 servings. One serving covers your protein, fat and 1/2 cup cooked vegetables for one meal. Just add 1/2 cup cooked vegetables and your fruit for a complete meal.



## INGREDIENTS

- 1 bunch asparagus, cut off thick ends and slice into 1-inch pieces
- 1-1/2 cups chopped leeks (white part) or Sweet/Vidalia onion
- 1 pkg AlFresco Italian Chicken Sausage, casing removed and chopped into smaller pieces, or the Genesis Breakfast Turkey Sausage recipe, or 2 recipes of the Vegan Italian Sausage recipe
- 2 Tbsp avocado or coconut oil



- 2 cloves garlic, chopped
- 1/4-1/2 tsp crushed red pepper flakes, to taste
- Pink Himalayan salt and black pepper, to taste
- 6 pastured eggs
- 1/4 cup heavy cream or full-fat canned coconut milk (blended before measuring)

## INSTRUCTIONS

Preheat oven to 400°F. Lightly oil a 9-inch pie plate and set aside. In a large skillet over medium heat, add the avocado or coconut oil.

Add the sausage, breaking it into smaller chunks while cooking. Cook until browned (and no longer pink if using ground turkey recipe). Set sausage aside. (If making Vegan sausage just follow the recipe and set aside.)

Then add the leeks to the same pan and sauté until soft (3-4 minutes). Add asparagus, Pink salt, pepper and crushed red pepper, cooking for another 2 minutes.

Add in cooked sausage and garlic, and sauté for 1 minute. Pour mixture into the pie plate and distribute evenly.

In a medium bowl, whisk together the eggs and cream or coconut milk, then pour over the vegetables.

Bake for 20-25 minutes. Let sit 5-10 minutes before serving. Leftovers can be stored in the refrigerator for up to 4 days.