



# ASPARAGUS WITH TURKEY BACON & EGGS

By Dr. Cindy Tanzar  
(Standard)

The bright green stalks of asparagus can be found almost year-round, but nothing can compare to eating vegetables in their season when it comes to flavor and texture. You want to look for smaller spears and be sure to snap off the woody ends to ensure tenderness. This recipe is a perfect way to bring variety to your vegetable breakfast routine. You can always substitute Applegate Farms Savory Turkey Sausage (healthy freezer sections) instead of turkey bacon or enjoy the eggs and asparagus alone. One bunch of asparagus is equal to about 2 cups.

There are two servings in this recipe. One serving covers your vegetable and protein for one meal.



## INGREDIENTS

4 slices Applegate Farms Turkey Bacon, uncured turkey bacon or  
4 Applegate Farm Savory Turkey Sausage links  
1-2 Tbsp avocado or coconut oil  
1/2 onion, chopped (optional)



1 bunch asparagus, trimmed (leave whole or cut into 2" pieces)  
Pink Himalayan salt & freshly-ground pepper, to taste  
1/8-1/4 crushed red-pepper flakes  
4 large pastured eggs

## **DIRECTIONS**

Heat oil in a large skillet over medium heat. Fry the turkey bacon (or sausage) until crispy and set aside. Add onion and sauté until lightly golden.

Add asparagus to skillet, season with salt, pepper and crushed red pepper flakes. Reduce heat to low and sauté a couple of minutes. Then make four spaces in the pan to crack each egg, cooking until the yolks are runny but whites are fully set (about 5 minutes).

Place asparagus on a plate, top with two eggs and sprinkle with bacon pieces or eat on the side. The broken yolks make a wonderful "sauce."