



Paleo Asparagus Omelet

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

443.3 calories, 3.37 g carbohydrate, 0.81 g fiber, 2.56 g NET carbs, 13.88 g protein, 43.62 g fat

Ingredients

- 2 Tbsp(s) Aroy-D Coconut Milk
- 2 spear(s) organic asparagus, trimmed and sliced
- 2 large(s) pastured eggs
- 2 Tbsp(s) coconut oil
- 1/2 tsp(s) organic dried dill

Preparation

1. Melt the coconut oil in a skillet over medium heat. Add the asparagus and cook 5 to 10 minutes, or until the asparagus is tender.
2. Beat the eggs, coconut milk and dill together in a bowl until frothy.
3. Pour the eggs into the pan and allow them to cook for 3 to 4 minutes. Use a spatula to carefully turn the omelet over. Cook an additional 3 to 4 minutes until firm.
4. Lay the asparagus on one side of the omelet. Fold the omelet in half with your spatula and slide it onto a plate.

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