

Recipe Name Spring Frittata with Creamy Herb Sauce – serves 6

Ingredients: 10 organic, pastured large eggs
 ½ cup cashew crème (1/2 cup raw cashews to ¾ cup filtered water)
 1-2 sweet potatoes, about 1 lb. total weight, ½ inch diced and roasted
 ½ 6oz. bag frozen artichoke hearts, roasted
 ½ lb. thin asparagus, cut into ¾” pieces
 4 scallions/1 leek/2 spring onions, chopped
 ¼ cup chopped parsley
 ¼ cup chopped chives
 1 tsp. fine sea salt
 ½ tsp. garlic powder
 Kosher salt and freshly ground pepper
 Avocado Oil

[Vegan Parmesan](#)**Creamy Herb Sauce:**

 ½ cup hulled hemp hearts OR sesame seeds
 3-4 Tbsp. filtered water
 3 Tbsp. fresh lemon juice
 1-2 cloves garlic
 ½ tsp. sea salt
 1 whole scallion, roughly chopped
 1 Tbsp. roughly chopped dill or parsley

Directions

1. Season sweet potatoes with kosher salt/pepper, and artichoke hearts with kosher salt and ½ tsp. garlic powder. Toss each with avocado oil. Roast diced sweet potatoes and frozen artichoke hearts in 400-degree oven until golden and caramelized, tossing about ½ way through roasting. Artichoke hearts will need about 30-35 minutes whereas the potatoes, will require about 45 minutes. These can be prepared ahead of time. When done roasting or if vegetables are roasted ahead, heat oven to 350 degrees.
2. Make creamy herb sauce by blending all ingredients in a small blender cup. If you do not have a small blender cup, double all amounts so that it will blend properly in a standard blender bowl.
3. Mix eggs and cashew crème in a large bowl, whisking until well combined. Add chopped parsley and chives. Add 1 tsp. of kosher salt or fine sea salt and freshly ground pepper.



RECIPE

- Heat a 10-inch cast iron skillet over medium heat. Once warm, add a Tbsp of avocado oil to pan swirling to coat. Add asparagus, scallions, roasted sweet potatoes and artichoke hearts and sauté for about 1 min. until heated through.
- Turn heat up to medium high. Add another Tbsp of avocado oil, brushing up onto sides of pan to ensure that sides of frittata will not stick.
- Add egg mixture to pan, shaking pan to ensure that it is evenly spread. Once spread out in pan, do not stir. Allow to cook for about 5 minutes until edges begin to solidify and puff up.
- Place pan into 350-degree oven, baking for about 20 – 25 minutes until middle of frittata is just barely set. After about 15 minutes baking time, sprinkle vegan parmesan over top if desired. Allow to cool for a few minutes before slicing.

*Do not overcook as the frittata will continue to cook in the hot pan after removing from the oven.

Nutrition Facts

Servings: 6

Amount per serving

Calories **367**

% Daily Value*

Total Fat 24.8g **32%**

Saturated Fat 4.3g **21%**

Cholesterol 273mg **91%**

Sodium 140mg **6%**

Total Carbohydrate 12.5g **5%**

Dietary Fiber 6.6g **24%**

Total Sugars 3.9g

Protein 24.4g

Vitamin D 26mcg **128%**

Calcium 61mg **5%**

Iron 43mg **238%**

Potassium 340mg **7%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**