

PIKE BOX

FRESH, LOCALLY GROWN
FRUITS, VEGGIES AND
ARTISANAL PRODUCTS
FROM LOCAL FARMERS.



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Additional Recipes

Asparagus Onion Omelet



INGREDIENTS

1 tsp olive oil

1/8th onion, diced

3 spears of asparagus

2 eggs, whisked

1/3 bunch fresh parsley,
minced

Sprinkle of parmesan

Salt and pepper to taste

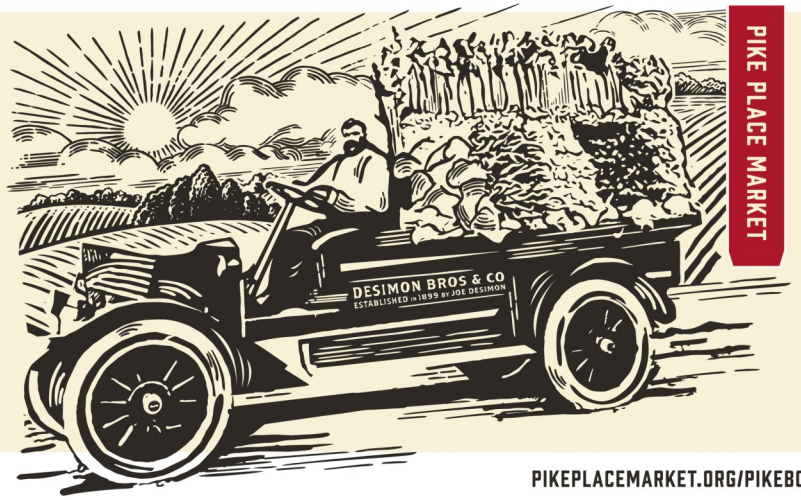
Heat olive oil in medium pan over medium heat. Add onions and saute until softened and slightly browned. Add asparagus and saute for another minute or two. Sprinkle with salt and pepper to taste. Turn off heat and set aside.

Heat a small pan and spray with cooking spray or use a little olive oil. Add eggs. After 1-2 minutes, put in the parsley. Add salt and pepper to taste. Flip when egg is firm enough to hold together. Pour the asparagus and onions into the egg. Sprinkle on the parmesan. When the other side is done after a few minutes, fold the omelet over to glue together. Turn off the heat and let sit in the pan for final flavor marriage. Plate and eat immediately.

Recipe courtesy of An Open Cookbook: <http://anopencookbook.blogspot.com/2010/12/asparagus-and-onion-omelet.html>

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PIKE PLACE MARKET

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Additional recipes

Strawberry Basil Smoothie — <http://witanddelight.com/2014/04/strawberry-basil-smoothie/>

Sugar Snap Pea Vinaigrette — <http://www.bonappetit.com/recipe/sugar-snap-pea-vinaigrette>

Roasted Cherry Brownies — <http://www.bakerita.com/roasted-cherry-brownies/>

Garlic Stir-Fry Asparagus — <http://www.thecookingjar.com/garlic-stir-fry-asparagus/>

Lemon Herb Roasted Beets — <http://www.eatingwell.com/recipe/252469/lemon-herb-roasted-beets/>

Creamy Beet Green Salad — <http://www.mjandhungryman.com/creamy-beet-green-chopped-salad/>