

Asparagus & Eggs	
Ingredients	Instructions
<ul style="list-style-type: none">• 5-6 asparagus stalks (or more), cleaned with woody ends removed• 2 eggs, or more (your preference)• 2 tsp olive oil (or butter)• Salt and pepper• ¼ cup of goat or blue cheese (optional)• Chopped chives or green onion for garnish (optional)	<ol style="list-style-type: none">1. Cook Asparagus: In a large skillet over medium heat, add olive oil and sauté asparagus until tender (about 4–5 minutes).2. Add Eggs: Spread out the asparagus evenly, creating small gaps between the asparagus, then crack an egg over them. Reduce heat to a low-medium and sprinkle cheese over the eggs and asparagus. Cover the pan and cook until the eggs reach your desired doneness (about 6-12 minutes).3. Plate: Season with salt, pepper, and sprinkle with chopped chives or green onions, if you wish. Serve immediately, while still warm.