



Asparagus Sun-Dried Tomato Frittata - A Simple, Beautiful, Flavorful Meal

Simple, savory, and perfect any time of day, this asparagus sun-dried tomato frittata combines eggs, blanched asparagus, garlic, onion, and herbs with rehydrated sun-dried tomatoes. Nutritional yeast adds a subtle cheesy, savory depth to this easy whole-food dish.

Frittatas are one of the easiest ways to turn simple ingredients into a satisfying meal. They're flexible, forgiving, and a great way to bring together vegetables, herbs, and protein in one dish.

This asparagus sun-dried tomato frittata balances the fresh, green flavor of asparagus with the rich intensity of sun-dried tomatoes, garlic, and herbs. Nutritional yeast adds a subtle cheesy, savory depth that complements the eggs beautifully without overpowering the vegetables.

It's the kind of dish that works for breakfast, lunch, or dinner. Pair it with a simple salad, roasted vegetables, or enjoy it on its own for a quick, nourishing meal.

If you'd like to see exactly how it comes together, watch the demo on YouTube.

Choose organic ingredients whenever possible.

Ingredients

- 12 eggs, whisked
- 1 cup sun-dried tomatoes (rehydrated)
- 1 cup water (for rehydrating tomatoes)
- ½ yellow onion, diced
- ¼ cup vegetable broth (for sautéing)
- ½ cup roasted red pepper (from a jar), chopped
- 2 cloves garlic, finely minced (or Dorart frozen garlic cubes)
- 2 cups asparagus, cut into 2" pieces
- 1 teaspoon onion salt
- 1 teaspoon garlic-garlic
- 1 tablespoon Sofretto seasoning
- 1 tablespoon nutritional yeast
- 2 tablespoons fresh parsley, chopped
- Olive oil spray
- 5 × 8 baking pan

Instructions

1. Place the sun-dried tomatoes in 1 cup of water and soak for 30 minutes to rehydrate. Drain and julienne cut if needed.
2. Blanch the asparagus.
Place asparagus in a steamer basket over boiling water and steam for 5–7 minutes, until tender but still bright green. Remove from heat and set aside.
3. Preheat the oven to 350°F and lightly spray a 5 × 8 baking pan with olive oil spray to prevent sticking.
4. In a skillet over medium heat, sauté the diced onion in ¼ cup vegetable broth until softened, about 3–4 minutes. Add the minced garlic and cook for about 30 seconds, until fragrant.
5. In a large bowl, whisk the eggs until well combined.
6. Add the rehydrated sun-dried tomatoes, blanched asparagus, sautéed onion and garlic, roasted red pepper, onion salt, garlic-garlic seasoning, Sofretto seasoning, and parsley to the eggs and stir to combine.
7. Stir in the nutritional yeast.
8. Pour the mixture into the prepared 5 × 8 baking pan.
9. Bake at 350°F for about 30 minutes, or until the frittata is firmly baked and a knife inserted into the center comes out clean.
10. Allow the frittata to cool for 10 minutes before cutting and serving.

Notes

- Rehydrating sun-dried tomatoes softens them and restores their rich flavor.
- Steaming the asparagus separately helps it stay tender and vibrant in the finished dish.
- This frittata stores well in the refrigerator and reheats beautifully the next day.

Bon Appetit!