

# Italian Asparagus Omelet

By Mrs. L. Moran

*San Joaquin County Farm Home Department of the  
Farm Bureau*

*Favorite & Original Recipes Cook Book, 1940*



3 C. asparagus tips (green or white asparagus)

4 eggs

2 t. chopped onion

2 cloves garlic

3 slices bacon, cut fine

Salt and Pepper to taste

½ C. olive oil

Put olive oil in frying pan and warm. Add bacon, onions and garlic and brown. Cut asparagus one-fourth inch thick and add and let simmer until tender. Then add eggs, well beaten; add salt and pepper to eggs. When adding eggs, stir constantly until eggs get thick and then smooth the top and put in oven. Bake in moderate oven about twenty minutes or until brown and fluffy. Turn onto warm platter and cut in squares and serve while hot. Italian squash can be used instead of asparagus.



*Asparagus has had a strong historic presence in San Joaquin County. In the 1950s, almost half of the vegetable production value in San Joaquin County was asparagus growing on 55,000 acres, mainly in the supreme Delta farmland. With labor cost rising and competition from other countries, asparagus in San Joaquin has been dwelling to now just over 1,300 acres in 2016. A wonderful delicacy that many locals enjoy. Make sure your asparagus is CA Grown to savor the best and freshest stalks.*

