

## Asparagus & Chorizo Egg Skillet

### INGREDIENTS

- 1 package Chorizo
- 1 bundle of asparagus
- 6-8 farm fresh eggs
- 2TBS Ghee or Grass-fed butter
- 1TSP Himalayan sea salt
- 1/2 tsp black pepper

1. Preheat oven to 400°F.
2. Remove approximately 1-inch off from the stems of the asparagus.
3. Melt butter in skillet and add asparagus, toss until well coated with butter and add sea salt and pepper.
4. Meanwhile in a separate skillet, cook chorizo until well browned.
5. Continue to sauté asparagus until soft. Add chorizo to skillet then top with farm fresh eggs.
6. Place skillet in oven for about 8 minutes or until eggs cooked to desired consistency.
7. Remove from oven and serve immediately.