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www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138

www.TheHellenic.com

Capetola Asparagus Frittata

12 Organic Large Eggs

1 lb. Organic Asparagus

3 cups Grated Parmesan Cheese

½ Organic Lemon

1 small Organic Lime

1.2 tsp Fresh ground Black Pepper

preparation instruction, watch the video on YouTube:

[Asparagus Frittata](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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