

Asparagus Fries

Recipe Type: Side Dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 4 C of asparagus
- 1 large egg
- 1 C bread crumbs
- 1/4 C flour
- 1 t oregano
- 1/2 t garlic powder
- 1/2 t black pepper
- 1/4 t salt
- Cooking Spray

What to do:

1. Preheat the oven to 450°F.
2. Wash your hands.
3. Wash the asparagus.
4. Cut off the tough ends of the asparagus.
5. Put the flour into 1 bowl.
6. Beat the egg with a fork and in a 2nd bowl.
7. Put the bread crumbs in a 3rd bowl.
8. Add oregano, garlic, pepper and salt to the bread crumbs and mix together.
9. Roll the asparagus in the flour, then the egg and then the bread crumb mix.
10. Spray a baking sheet with cooking spray and put the asparagus on it.
11. Bake for 30 minutes.
12. Enjoy with marinara sauce, ketchup or low fat ranch dressing.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 2/3 C

Amount Per Serving

Calories 140

Calories from Fat 15

%Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 190 mg **8%**

Total Carbohydrate 25 g **8%**

Dietary Fiber 5 g **20%**

Sugars 2 g

Protein 8 g

Vitamin C 10%

Iron 20%

*** Percent Daily Values are based on a 2,000 calorie diet.**

FK=4.5

Note: Kid friendly recipe. Let the kids do the rolling!!