



Parmesan Dill Asparagus Fries



Parmesan Dill Asparagus Fries

Recipe provided by Chris Flood, Bronson nutrition educator. **Serves 4**

Ingredients

- 1 pound asparagus, washed, trimmed and dried
- 1 large egg, beaten
- 1/4-1/3 cup corn flake crumbs or panko bread crumbs
- 2 tablespoons nutritional yeast
- 1/2 teaspoon garlic powder
- 3-4 tablespoons grated parmesan cheese
- 1/8 teaspoon ground cayenne pepper
- 1 tablespoon finely chopped fresh dill
- Optional: 1/8 teaspoon salt

Special Note

If you don't have nutritional yeast, add more cornflake crumbs and grated parmesan. If you don't have fresh dill, use 1 teaspoon dried dill weed.

Fresh Tip

Look for bright green or violet-tinged asparagus spears with firm stems. Make sure the tips are compact. Thin asparagus will not work well in this recipe. Choose spears of medium-thickness.

Nutrition Information (per 1/2 cup serving)

96 calories, 3g fat, 1g saturated fat, 11g carbohydrate, 8g protein, 6.5g fiber, 156mg sodium

Directions

1. Preheat the oven to 425°F.
2. Place the beaten egg in a shallow dish or bowl.
3. In another shallow dish, combine the dry ingredients (corn flake crumbs or panko crumbs, nutritional yeast, garlic powder, parmesan cheese, cayenne pepper, dill and salt, if using).
4. Dip the asparagus spears into the beaten egg, then roll them in the topping.
5. Place the coated asparagus on a baking tray and roast in the oven until golden brown, about 12-20 minutes depending on the size of the spears.