

# 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



This is a picture of 1 serving.

## 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.

## 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!!

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