

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

¼ C flour

1 large egg

1 C bread crumbs

1 t oregano

½ t garlic powder

½ t black pepper

¼ t salt

Cooking Spray



This is a picture of 1 serving.

What to do:

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

Contains Wheat and Egg

Nutrition Facts

4 servings per container

Serving size 2/3 Cup (261g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 200mg 9%

Total Carbohydrate 21g 8%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 84mg 6%

Iron 6mg 35%

Potassium 511mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

FK=4.8