

Crispy Baked Asparagus Fries



Servings: 4 Serving size: $\frac{3}{4}$ of a cup

Nutrition Information:

23g carbohydrates
188 calories
6g fat
3g saturated fat
253mg sodium
3g fiber
12g protein
91mg cholesterol

Ingredients:

1-pound asparagus, trimmed
 $\frac{1}{2}$ cup flour
2 eggs, lightly beaten

$\frac{1}{4}$ cup panko breadcrumbs
 $\frac{1}{2}$ cup grated parmesan
Salt and pepper to taste

Directions:

1. Coat asparagus in flour. Dip in egg and then into a mixture of breadcrumbs, parmesan, salt and pepper.
2. Place asparagus on wire rack or baking sheet and bake in preheated 425°F oven until golden brown, about 7-13 minutes.