

Healthy Recipe: Baked Asparagus Fries

Try these baked asparagus fries for a crunchy and satisfying side dish.

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Here's a recipe to make the most of all the asparagus that fills up the markets in spring. If you're looking for something different from [Simple Steamed Asparagus](#) or [Roasted Asparagus](#), try these baked asparagus fries for a crunchy and satisfying side dish.

4 servings

30 min prep

7 ingredients

Ingredients

- 1/4 cup [breadcrumbs](#)
- 1/2 cup sliced almonds
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon sea salt
- 2 tablespoons whole wheat pastry or all-purpose flour
- 1 large [egg](#)
- 1 pound asparagus spears, woody stalks cut off

Directions

1. In a food processor, blend breadcrumbs, almonds, Parmesan, and salt until the almonds are roughly ground. Transfer to a plate. Spread the flour on a second plate. In a small or medium bowl (with enough space for asparagus spears), lightly beat the egg.
2. Preheat the broiler. Roll the asparagus in the flour mixture. Dip the floured asparagus in the egg, and then roll it in the breadcrumb mixture until well coated. Transfer to a baking tray. Repeat the process with all the spears.
3. Put asparagus under the broiler. Cook for 5 to 10 minutes, turning the asparagus halfway through,

until the breading has lightly browned. Serve with [Grilled Chicken Breasts in Rosemary Marinade](#).

Chef Tips

It's best to use Panko or homemade breadcrumbs for this dish. If you don't have either, but do have some bread handy, tear up a slice into smallish pieces. Measure a slightly heaped $\frac{1}{4}$ cup, then pulse in a food processor into coarse crumbs. Add all the other ingredients from step one, and blend as directed.

Nutrition Facts (per serving):

Calories: 164; Fat: 9g; Saturated Fat: 2g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 5g; Carbohydrates: 15g; Sugar: 3g; Fiber: 4g; Protein: 9g; Sodium: 351mg

Registered Dietitian Approved

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