

Crumbed Asparagus

Source: A Year at Oak Cottage, April 08

Carolyn T's
Cookbook

Servings: 6



1 pound asparagus
1/3 cup mayonnaise
1 cup panko, or dry seasoned bread crumbs
1 cup Parmegiano-Reggiano Cheese, finely grated

Serving Ideas: A nice garlic aioli for dipping goes well with this, or with just a drizzle of lemon juice.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 134 Calories; 11g Fat (68.5% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.

1. Pre-heat the oven to 400°F. Lightly spray a shallow baking tray with some cooking spray or line sheet with silicone pad (Silpat) and set aside.
2. Wash asparagus and dry it really well. To prepare spears for cooking, grasp at either end and pull the tip end over and down. The stalk will break naturally at the point where it starts to get tough and stringy. Use the fibrous ends for stock or for your compost pile. If the asparagus is thick-skinned or fibrous (take a small bite to test), peel the spears from just under the head to the stem end. If serving guests, you might want to cut off the ends - a straight cut - which will look a little prettier.
3. Combine the dry bread crumbs and the cheese in a shallow dish and set aside.
4. Rub each spear of asparagus with the mayonnaise, making sure each one is well coated (use your fingers for this), then carefully roll it in the bread crumb mixture to coat. Place on the prepared baking sheet. Repeat with the remaining spears.
5. Bake in the heated oven for 12 to 19 minutes (depends on the size of the asparagus), until the crumbs are nicely crisped and the asparagus is crispy tender. Serve.