

COMMENT

Another recipe makes the trip from out west

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What's Cookin'

Today's asparagus fries are brought to you by my cousin (Gerry's niece), Bridgette Claus from Beiseker, Alta.

Apparently when Gerry and Dave went out to visit the family, they served a veritable banquet, because we've had three recipes for the column out of one meal!

The asparagus fries were amazing— particularly yummy if dipped in the homemade garlic aioli that Bridgette made (sadly no

room for that in this column, you'll have to make your own).

Thanks for the recipe—we're very lucky to have so many great cooks in the family!

You can use this same recipe for other veggies as well— zucchini sticks would be great— just cut a zucchini into "French fry" type sticks and follow the same procedure.

Have fun and keep cooking!

Asparagus Fries

INGREDIENTS

- 1 lb. asparagus, cleaned and trimmed
- 3 large egg whites
- 1 and 1/2 tbsp mayonnaise
- 2 cups panko bread crumbs
- 2 tbsp chopped parsley
- 1 tsp chopped fresh thyme or half a tsp dried
- 1/2 cup grated parmesan cheese
- olive oil
- freshly ground black pepper

METHOD

1. Heat oven to 375 degrees F.
2. In a shallow dish, whisk together the egg whites and mayonnaise.
3. In another shallow dish, mix the panko,



parsley, thyme and parmesan.

4. Dip each asparagus spear in egg mixture until well coated, then roll in the bread crumbs, pressing to adhere.

5. Lay coated asparagus on a parchment-lined baking sheet. Drizzle lightly with olive oil and sprinkle with pepper.

6. Bake for 15-20 minutes until golden.

7. Serve alone or with a garlic mayonnaise to dip!

WE NEED YOUR HELP

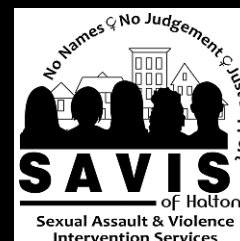
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