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## Asparagus With Poached Eggs and Parmesan

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Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: Makes 4 servings (serving size: 10 asparagus spears and 2 eggs)

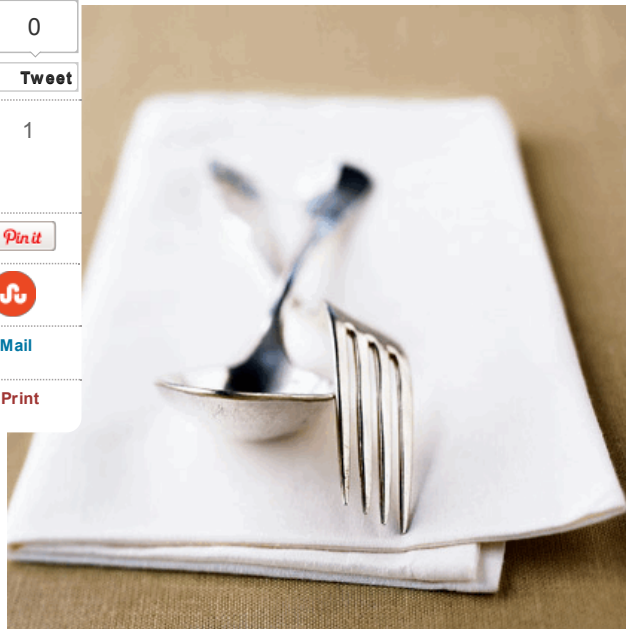
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### Nutritional Information

Calories per serving:	256
Fat per serving:	18g
Saturated fat per serving:	6g
Monounsaturated fat per serving:	7g
Polyunsaturated fat per serving:	2g
Protein per serving:	18g
Carbohydrates per serving:	8g
Fiber per serving:	3g
Cholesterol per serving:	435mg
Iron per serving:	3mg
Sodium per serving:	518mg
Calcium per serving:	147mg

Gale Gand

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### Ingredients

- 8 large eggs
- 1 teaspoon white vinegar
- 1 teaspoon salt, divided
- 2 bunches asparagus spears, trimmed (about 40)
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, chopped
- 1 tablespoon unsalted butter
- 2 tablespoons fresh lemon juice
- 2 teaspoons finely chopped fresh parsley
- Freshly ground black pepper, to taste
- 4 tablespoons coarsely grated fresh Parmesan cheese, divided

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### Preparation

1. Break the eggs into 8 individual containers (such as teacups, prep bowls, or paper cups). Fill a large, low-sided pan with water, and add vinegar and 1/2 teaspoon salt; bring to a boil over medium-high heat.
2. Meanwhile, bring a separate pot of water to a boil in a medium saucepan over medium-high heat. Add asparagus spears, and cook 3–4 minutes or until crisp-tender. Remove asparagus with tongs, and set aside.
3. Dry the medium saucepan. Add olive oil, and heat over medium

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heat. Add garlic, and sauté about 1 minute. Turn off heat; add butter, and swirl pan. Add lemon juice, parsley, remaining salt, and pepper; swirl pan again to combine. Add asparagus and 2 tablespoons Parmesan; then toss with lemon-butter sauce to coat.

4. Slowly pour each egg into the boiling poaching water; cook 2 minutes. Turn off heat, and remove pan from burner. Divide asparagus among 4 plates. (Bring plates close to pan with poached eggs, and place a folded clean kitchen towel next to plates.)

5. Remove the eggs from water with a slotted spoon, 1 at a time, blotting bottom of spoon on towel to absorb excess moisture. Place 2 eggs on each mound of asparagus. Pour any remaining sauce over each serving, and sprinkle with remaining 2 tablespoons Parmesan. Serve immediately.

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