Crispy Baked Asparagus Fries  
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Asparagus coated in panko bread crumbs and parmesan and baked until golden brown and crispy. *smile emoticon* If you're looking for a carb cutback, try flaxseed or oatmeal instead of the panko bread crumbs!

Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 20 minutes Servings: 2

Ingredients  
1 pound asparagus, trimmed  
1/2 cup flour  
2 eggs, lightly beaten  
3/4 cup panko breadcrumbs  
1/4 cup parmigiano reggiano (parmesan), grated  
salt and pepper to taste

Directions  
Dredge the asparagus in the flour, dip in the egg and then into a mixture of the panko, parmesan, salt and pepper.  
Place the asparagus in a single layer on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 7-13 minutes.

Nutrition Facts: Calories 312, Fat 8g (Saturated 4g, Trans 0), Cholesterol 172mg, Sodium 174mg, Carbs 44g (Fiber 6g, Sugars 5g), Protein 19g