

ASPARAGUS

Did you know that asparagus is low in calories and is a great source of nutrients, including fiber, folate and vitamins A, C and K? These vegetable spears are packed with serious nutrients, and eating asparagus has a number of potential health benefits, including helping to lower blood pressure, boosting brain function and helping to prevent disease.



HARVEST  *of the*
MONTH

RECIPE CORNER

BAKED ASPARAGUS FRIES

YIELD: 6 Servings

INGREDIENTS

Asparagus:

1 pound asparagus, trimmed
3 large egg whites
1 1/2 tbsp. mayonnaise
1 1/2 cups Panko breadcrumbs
2 tbsp. chopped flat-leaf parsley
1/2 cup grated Parmesan cheese
Olive oil spray

Garlic Aioli:

1 head garlic
2 tsp. olive oil
3/4 cup mayonnaise
2 tbsp. fresh lemon juice

DIRECTIONS

Preheat air fryer to 350°F, grease air fry basket with olive oil spray and set aside. In a bowl, whisk the egg whites and mayonnaise. In a separate bowl combine panko, parsley and parmesan cheese. Next, dip each asparagus into the egg mixture, then dredge in the breadcrumb mixture. Place in air fryer basket leaving a little space between each. Repeat this process until all asparagus is coated. Spray a little olive oil on the top and air fry for about 8 to 12 minutes, or until crispy.

For the Aioli, Preheat the oven to 400°F. Slice the top one-third off the head of garlic. Place the bottom portion on a piece of foil, drizzle it with olive oil and season it with salt and pepper. Place the top portion back on the head of garlic and crumple foil around it to create a sealed pocket. Roast the garlic for 30 minutes or until it has softened. Remove the roasted garlic from the oven and squeeze the cloves into a medium bowl. Add mayonnaise and lemon juice, mashing with a fork until combined. Season the aioli with salt and pepper to taste. Cover with plastic wrap and store in the fridge until ready to serve.

