

Fried Asparagus

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Sometimes even vegetables can be naughty, and here they are deliciously fried with a breadcrumb batter and topped with grated Parmesan cheese. It's a great way to experiment with eating more veggies at home.

Ingredients:

1 pound asparagus, thick ends removed
1 medium egg
1 tablespoon milk
1 cup fine breadcrumbs
1 to 3 cups vegetable oil, as needed
Salt and pepper, to taste
¼ cup freshly grated Romano cheese

Directions:

1. Bring a large pot of salted water to a boil. Add asparagus and cook until just tender, 3 to 4 minutes. Drain and set aside.
2. In a medium bowl, beat eggs and milk together. Place breadcrumbs in a separate medium bowl.
3. Dip the reserved asparagus into the egg/milk mixture, then into the breadcrumbs, shaking off excess.
4. Over high heat, add enough oil to a large, heavy-bottomed skillet to cover the asparagus.
5. Add asparagus gently and fry until lightly browned, 2 to 3 minutes.
6. Remove from skillet, drain on paper towels, and season with salt and pepper. Sprinkle cheese over asparagus and serve.