

Asparagus Fries & Yogurt Dip

Recipe adapted from: [Tasty](#)



Image source: [Mercedes Sandoval](#)

Ingredients

- 1 bundle asparagus
- 1 cup almond flour (ground almonds)
- ½ cup parmesan cheese
- 1 tablespoon garlic powder
- 2 tablespoons dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 eggs

Directions

1. Preheat oven to 425°F.
2. Cut off about 1-2 inches of asparagus ends. Set aside.
3. In a large bowl combine crushed almonds, parmesan, garlic powder, oregano, salt, and pepper. Whisk eggs in a shallow bowl or dish.
4. Dip asparagus in eggs, coating evenly, and then toss with the crushed almond mixture.
5. Place on a baking sheet lined with parchment paper in a single layer. Bake for 15-20 minutes, flipping halfway.

Yogurt Dip

Combine the following ingredients in a small bowl while the asparagus fries are baking:

- 1 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chives
- Salt and pepper to taste

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