

Crispy California Asparagus Straws

This is a fast appetizer with great flavor. You can prepare them ahead of time and bake off just before serving. As an option you can add a slice of prosciutto when you roll the asparagus up in the dough.

36 California asparagus spears
4 sheets of phyllo dough, thawed
4 oz. Parmesan cheese, grated
¼ cup butter, melted
salt and pepper to sprinkle on top

Preheat oven to 425° F



Trim ends of asparagus. Blanche asparagus in boiling salted water until lightly tender to the bite, about 3 minutes.

Place one sheet of phyllo on a cutting board. Set aside the remaining sheets, cover with a damp towel. Brush the phyllo sheet with melted butter. Cut the sheet into nine rectangles, two cuts down from the top, two cuts across. Place an asparagus spear at the bottom of the short side of the rectangle with the tip sticking out from the dough by 2 inches. Sprinkle on a teaspoon of cheese. Roll up spear and seal with butter. Finish with remaining spears.

Place on cookie sheet lined with parchment paper. Sprinkle with remaining cheese, salt and pepper. Cover the exposed asparagus tips with foil. Bake until golden brown and crispy 10 to 12 minutes. Serve warm.

Makes 36 single asparagus straws.

Nutrient analysis per serving (4 wrapped spears):

Calories 181, calories from fat 27, fat 2.9 gms, sat fat 1 gm, chol 2.7 mg, sodium 338 mg, carbohydrate 29.6 gms, dietary fiber 2gms, protein 9 gms.

For a high-quality, high-resolution photo go to: <http://www.calaspphoto.com/>

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