



## CRUSTED BAKED ASPARAGUS

20-30 asparagus spears

½ cup Parmesan cheese, shredded

1 egg

1 tsp. **Garlic Pepper with a Twist of Lime**

1 egg white

½ tsp. salt

1 Tbsp. **Smoky Chipotle Honey Mustard**

1-2 Tbsp. water

1 cup Panko bread crumbs

Preheat oven to 425°F.

Rinse and cut the woody ends off of the asparagus. Stir together the egg, egg white, mustard and water. Place in a dish large enough to dip asparagus into.

Combine the Panko bread crumbs, Parmesan cheese and seasonings on another plate.

Dip the asparagus spears into the egg mixture and shake off the excess. Then roll in the crumb mixture.

Place on a baking sheet, sprayed with non-stick cooking spray.

Bake for 15-20 minutes until the outside begins to crisp up and asparagus are cooked through.



- **Smoky Chipotle Honey Mustard**
- **Garlic Pepper with a Twist of Lime**