

Phyllo-Wrapped Asparagus

16 medium (about 1/2-inch diameter) asparagus spears (about 1 pound)

1/2 cup (2 ounces) grated fresh Parmesan cheese

16 sheets (9x14 inches) thawed Phyllo dough

Nonstick cooking spray

Preheat oven to 450 degrees. Cut off tough ends of asparagus, forming 5-inch spears. Discard ends. Finely grate cheese. Lay one sheet of phyllo on cutting board and spray with nonstick cooking spray. Sprinkle with about 1 tablespoon of the cheese. Place second sheet of phyllo over first, pressing together to seal. Cut sheet in half crosswise forming two rectangles. Place one asparagus spear onto one phyllo rectangle in upper left-hand corner, allowing tip to extend 1 inch past edge of phyllo. Fold bottom of phyllo up over spear; roll up tightly from left to right. Repeat with another asparagus spear and second phyllo rectangle. Place asparagus seam side down on pan with tips toward center. Repeat with remaining phyllo, cheese and asparagus spears. Lightly spray wrapped asparagus with nonstick cooking spray. Bake 8-10 minutes or until phyllo is light golden brown. Remove from pan and serve immediately.

Yields: 16 servings

Nutrients per spear:

60 Calories, 2g Fat, 0mg Cholesterol, 9g Carbohydrate, 3g Protein, 105mg Sodium, <1g Fiber

Rebekah Jimenez, Jasper County, Senior