Baked Asparagus Fries

1/2 cup sour cream

1 Tablespoon lemon juice

1 Tablespoon dijon mustard

1/2 teaspoon salt

​1/4 teaspoon pepper

1/4 cup + 3 Tablespoons flour

3 eggs

4 slices bread

1/2 pound asparagus, trimmed

cooking spray

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Combine sour cream, lemon juice, mustard, salt and pepper.

Place 1/4 c. flour in shallow bowl.

Beat eggs in another bowl.

Process bread until finely ground. Add 1 t. salt, 1/2 t. pepper and 3 T. flour.

Run asparagus under cold water in colander.

Toss wet asparagus in flour.

Dip in egg.

Transfer to bread crumb mixture.

Place asparagus on greased foil lined baking sheet. Spray lightly with cooking spray.

Bake 8 minutes at 400.

Serve with reserved sauce.