

# Asparagus Gratin

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*2 pounds asparagus  
1 tablespoon olive oil  
pinch salt  
pinch pepper  
1/4 cup whole-wheat  
breadcrumbs  
2 tablespoons pecorino,  
grated  
1 tablespoon chopped  
thyme  
1 tablespoon butter, melted*

Preheat the oven to 425 degrees.

Toss the asparagus, olive oil, salt and pepper in a three-quart baking dish.

Roast for 10 to 12 minutes until crisp-tender.

In a bowl, mix the breadcrumbs, pecorino, thyme and butter. Sprinkle over the asparagus.

Broil until the breadcrumbs are golden, 2 to 4 minutes.

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Per Serving (excluding unknown items): 332 Calories; 26g Fat (64.1% calories from fat); 11g Protein; 22g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 127mg Sodium. Exchanges: 4 Vegetable; 5 Fat.