

Asparagus Polonaise

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Servings: 6

*3 pounds asparagus, washed and with
tough ends snapped off*

1/2 cup butter or margarine

1/4 cup soft bread crumbs

2 hard boiled eggs, finely chopped

1 tablespoon parsley, finely chopped

In a saucepan, cook the asparagus in a small amount of boiling, salted water for 10 to 15 minutes or until just tender. Drain.

In another saucepan over low heat, melt the butter and add the bread crumbs. Stir until golden brown and remove from the heat. Stir in the eggs and parsley to form a sauce.

Place the asparagus on a warm serving platter and cover with the sauce.

Per Serving (excluding unknown items): 168 Calories; 16g Fat (78.8% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 3 Fat.