

Grilled Asparagus with Fried Eggs and Parmesan

Gale Gand - "Gale Gand's Brunch"
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Servings: 4

2 bunches (1 pound each) asparagus spears (about 40 spears)
1 tablespoon extra-virgin olive oil
1 clove garlic, minced
salt
ground black pepper
2 teaspoons butter
8 eggs
fresh Parmesan cheese, coarsely grated

Snap off and discard the woody bases from the asparagus spears.

In a large bowl, toss the asparagus with olive oil, minced garlic, salt and pepper. Massage the oil onto the asparagus to evenly coat.

Grill the asparagus, covered, directly over medium-hot coals for 5 minutes, turning once.

Meanwhile, heat a 12-inch skillet over medium heat.

Add the butter and wait until it foams. Add the eggs to the hot butter. Sprinkle with salt and pepper. Reduce the heat to low. Cook the eggs for 3 to 4 minutes, until the whites are completely set and the yolks begin to thicken.

Divide the asparagus among four plates.

Place two eggs on each mound of asparagus.

Sprinkle with Parmesan cheese.

Per Serving (excluding unknown items): 196 Calories; 15g Fat (71.5% calories from fat); 13g Protein; 1g Carbohydrate; trace Dietary Fiber; 429mg Cholesterol; 160mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 2 Fat.