

Green Bean and Asparagus Fries with Dipping Sauce

Recipe By *Susie Fishbein*



Cooking and Prep:  1 h

Serves:  8

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Chanukah

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (9)

Main ingredients

- 4 large eggs, whisked well
- 1 and 3/4 cups **Gefen Panko Crumbs**
- 1 pound string beans, stem ends sliced off
- 1 bunch (20-28 spears) medium-thick asparagus, bottom 2 inches cut off
- Glicks Nonstick Cooking Spray**

Dipping Sauce

- 1/2 cup Gefen Mayonnaise
 - 1 tablespoon yellow mustard
 - 1 tablespoon finely chopped dill pickles or Haddar Israeli Style Cucumbers in Brine
 - 2 teaspoons pickle juice from jar or can of pickles
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Start Cooking

Prepare the Fries

1. Preheat oven to 425 degrees Fahrenheit.
2. Set up a two-part breading station. Place the whisked eggs in one part and the panko in the second part.
3. Working with a small handful of string beans at a time, dip into the eggs and then into the Panko, patting to adhere the Panko to the vegetables. Place in a single layer, with space between the coated "fries," on one to two jelly-roll pans. Repeat with remaining string beans and the asparagus. Using a sweeping motion, spray nonstick cooking spray over the string beans and asparagus. Bake, uncovered, for 12 minutes, until crisp and light golden brown.

For the Dipping Sauce

Prepare while the veggies are baking.

1. In a medium bowl, whisk the mayonnaise, mustard, chopped pickle, and pickle juice. Serve alongside the "fries."