

Savory Ricotta & Snow Pea Fritters

with Roasted Asparagus, Pea Tips & Fried Eggs

Of all the classic French pairings, asparagus and eggs are one of our favorites. The delicate flavor of the asparagus finds its natural partner in the velvety egg yolk. In this dish, we're taking that classic, lovable duo and serving it atop hearty ricotta and snow pea fritters. Their heartiness fills out the dish. The slight nuttiness of the millet in the fritters adds balance while the snow peas echo the tender crunch of the asparagus. This dish is a wonderful way to celebrate the season.



Ingredients

2 Farm Eggs
½ Cup Whole Wheat Flour
6 Ounces Snow Peas
2 Ounces Pea Tips
1 Bunch Asparagus
1 Lemon

Knick Knacks

1 Shallot
1 Teaspoon Baking Powder
½ Cup Grated Parmesan Cheese
½ Cup Part-Skim Ricotta Cheese
¼ Cup Millet

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the millet:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **millet** and cook 12 to 14 minutes, or until tender. Drain thoroughly and transfer to a large bowl.

2



Prepare the ingredients:

While the millet cooks, wash and dry the fresh produce. Thinly slice the snow peas crosswise. Snap off and discard the woody ends of the asparagus. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra).

3



Form the fritters:

To the bowl of cooked millet, add the **flour, lemon zest, snow peas, ricotta cheese, baking powder, half the shallot, half the Parmesan cheese** and **1/3 cup of water**. Stir to form a stiff batter; season with salt and pepper. Divide the batter into 6 equal-sized scoops and transfer to a plate.

4



Cook the fritters:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Working in batches if necessary, add the **scoops of batter**, leaving about 2 inches between each. Using a spatula, flatten the scoops to about a 1/2-inch thickness, leaving some space between each. Cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a plate and set aside in a warm place. Wipe out the pan.

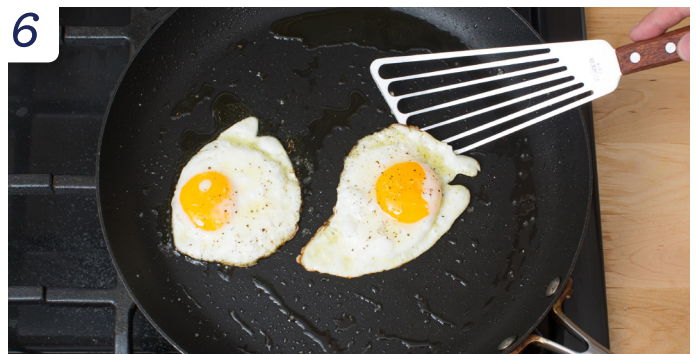
5



Roast the asparagus & make the dressing:

While the fritters cook, place the **asparagus** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 2 to 4 minutes, or until bright green and tender. While the asparagus roasts, in a medium bowl, combine the **remaining shallot and Parmesan cheese** and the **juice of all 4 lemon wedges**; season with salt and pepper. Whisk in **3 tablespoons of olive oil** until thoroughly combined.

6



Cook the eggs & finish your dish:

In the pan used to cook the fritters, heat 2 teaspoons of olive oil on medium until hot. Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 1 to 3 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Remove from heat. In a large bowl, combine the **pea tips** and enough **dressing** to coat the salad (you will have extra dressing). Toss to coat; season with salt and pepper to taste. Divide the **fritters** between 2 dishes. Top with the **dressed pea tips, roasted asparagus, fried eggs** and **remaining dressing**. Enjoy!