

Asparagus & Herb Spoonbread with Feta Cheese

Serves 8

For the mixed herbs in this recipe, I used a combination of dill, oregano and chives, which works with the Mediterranean flavors of the feta and asparagus.

- ¾ pound asparagus, ends trimmed**
- 1½ cups milk**
- 1½ cups low-sodium chicken broth**
- 1½ cups cornmeal**
- 4 tablespoons softened butter**
- 4 eggs separated + 2 extra egg whites**
- 1½ teaspoons baking powder**
- 1½ teaspoons kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 4 tablespoons minced assorted fresh herbs**
- ¾ cup crumbled feta cheese**

Instructions: Preheat oven to 375°.

Generously butter a large souffle dish or 13-by-9-inch baking dish and set aside.

Bring a large pot of salted water to boil. Blanch asparagus until crisp-tender, about 2-3 minutes, then shock in ice water to stop the cooking. Cut the asparagus into ½-inch lengths, reserving three whole tips for garnish. Set aside.

In a medium saucepan over medium heat, combine milk and broth. Heat the mixture until it is just about to boil. Whisk in the cornmeal in a steady stream, and continue to whisk constantly until the mixture is smooth and thickened, about 2 minutes.

Remove from heat and transfer to a large bowl. Mix in softened butter while the cornmeal mixture is still hot. Set aside and let cool to room temperature.

Beat egg yolks lightly and whisk into the cornmeal mixture along with baking powder, salt and pepper. Fold in asparagus, mixed herbs and feta cheese.

In a clean bowl of a stand mixer, whip the egg whites until stiff peaks form. Fold in a quarter of the egg whites to lighten the batter, then fold in the remainder.

Spoon into the prepared dish, and place the three asparagus tips in the center for garnish. Bake until golden and puffy, about 45 minutes.

Per serving: 270 calories, 12 g protein, 26 g carbohydrate, 13 g fat (8 g saturated), 141 mg cholesterol, 742 mg sodium, 3 g fiber.