

Prosciutto Wrapped Asparagus

●Servings: 12 ●Total Time: 20 minutes ●Recipe Source: Eat Drink Paleo Blog

Ingredients:

- 12 asparagus spears
- 6 prosciutto slices/strips
- A little ghee (or butter) for frying



Directions:

1. Wash asparagus and cut 2 cm off ends. Cut prosciutto strips into two halves, going lengthways, you should end up with 12 strips.
2. Place each prosciutto strip on a chopping board at a 45 degree angle. Place one of the asparagus spears on top of the meat, perpendicular to it. The tip of the asparagus should be lined up with the bottom of the prosciutto strip. Wrap the bottom end of the prosciutto over the asparagus and holding the meat tight, start rolling the asparagus up. The prosciutto strip will wrap around the whole length of the spear because it's on an angle.
3. Heat some ghee (or butter) in a large, flat frying pan to sizzling hot. Fry wrapped asparagus spears for 1-2 minutes in each side or until prosciutto is brown and crispy.

Nutrition Information per Serving (2 spears): 34 calories, 2g total fat, 1g saturated fat, 3g protein, 1g total carbohydrate, 249 mg sodium.