



## WellBeingMD's Mindful Kitchen

### Asparagus and Feta Fritters

Adapted from Divalicious Recipes



This is an interesting and tasty way to use the larger late spring asparagus stalks. These may be served on a bed of greens or used to accompany grilled chicken, lamb or beef.

#### INGREDIENTS:

- 1 bunch **asparagus**, cleaned and dry stalk removed
- 1/3 cup fresh **dill**, finely chopped
- 2 **spring onions**, finely chopped
- 2 tbs chopped **flat leaf parsley**
- 1/2 cup **feta**, crumbled
- 1 **egg**, beaten
- 1/3 cup **coconut flour**- for gluten free option (standard flour can also be used)
- salt and pepper
- 2 tbs **coconut oil** (or other oil to fry)

#### DIRECTIONS:

1. Grate the asparagus.
2. Add the remaining ingredients (except the oil) and season to taste.
3. Mold into patties.
4. Heat the oil in a pan.
5. Gently fry the patties until golden on each side.
6. Place patties on paper towel prior to serving for oil removal.
7. Eat and enjoy!



#### Health Benefits of Dill

Dill is an ancient herb with all kinds of amazing qualities, and not just in the kitchen. Not only does it make an amazing dip and secret ingredient in egg salad, but it also contains healing properties known for centuries. The Egyptians used it for everything: from calming colicky babies, calming the nerves, and soothing upset stomachs.

Modern medicine has found dill to contain such vitamins and minerals as vitamins A, C, and B6, fiber, calcium, iron, manganese, and folate, as well as more obscure compounds that could fight not just bacteria, but cancer, such as the enzyme glutathione-S-transferase due to the presence of the monoterpenes anethofuran, carvone, and limonene, and the healing flavonoids kaempferol and vicenin.

Dill is an easy herb to grow in an indoor pot or outdoor herb garden, but even if you purchase this herb in its dried form to add to your scrambled eggs or potato soup, you'll advance your health, and not just enhance your culinary expertise.

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Home of "The Mindful Kitchen"

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