

# Asparagus-Ham Roll-Ups

(Obesity Help Mar/April Issue, Recipes by Chef Dave)

## Ingredients

18 each fresh asparagus, peeled  
1 tablespoon flour  
1/2 teaspoon dry mustard  
6 thin lean ham slices  
3/4 cup cheddar cheese, grated  
1 tablespoon butter  
1/2 cup nonfat milk  
3 tablespoons almonds, slivered

## Directions

1. In a non-stick saute pan, saute asparagus until just tender. (Nonstick spray can be used to coat the pan first)
2. Melt butter in heavy saucepan
3. Stir in flour, salt and mustard. Gradually stir in milk. Cook, stirring constantly until thickened.
4. Add cheese and continue stirring until cheese is melted
5. Divide asparagus into 6 portions
6. Place asparagus portions on and parallel to narrow end of each ham slice
7. Roll with the asparagus in the center of each roll-up
8. Arrange roll-ups in a baking dish with seam side down
9. Pour sauce over roll-ups and add sprinkle almonds on top
10. Bake at 350 degrees until sauce is bubbly, about 20 minutes

## Nutrition

Per serving: 110 calories, 10 grams protein, 5 grams fat (1 gram saturated),  
15 mg cholesterol, 6 grams carbohydrates, 2 grams fiber, 420 mg sodium