



Ham and Asparagus Bake



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

- 2 cups ham, cooked and chopped into 1/2-inch pieces
- 1/2 cup chopped green onions
- 2 cups fresh asparagus cut into 1/2 - 1-inch pieces
- 2 Tbsp Land 'O Lakes light butter
- 8 eggs
- 2 cups milk
- 1/2 cup all-purpose flour
- 1/4 cup parmesan cheese, grated
- 3/4 tsp salt
- 3/4 tsp thyme
- 3/4 tsp rosemary
- 1/2 tsp granulated garlic
- 1/2 tsp ground black pepper
- 1/2 -1 cup Food Club shredded cheddar cheese

NUTRITIONALS

Nutritional analysis per serving:
 calories 260, calories from fat 120,
 total fat 14g, saturated fat 5g,
 cholesterol 240mg, sodium 880mg,
 total carbohydrate 13g, dietary
 fiber 1g, sugars 4g, protein 20g,
 vitamin A 20%, vitamin C 6%,
 calcium 20%, iron 15%

DIRECTIONS:

1. Pre-heat oven to 425°. Spray 9x13-in baking dish with nonstick cooking spray.
2. Cut the asparagus and green onions. Cut the asparagus into smaller pieces if it is thick.
3. Melt the butter in a frying pan over medium heat. Add the asparagus and green onion and sauté until tender, about 8 minutes, stirring frequently.
4. While the asparagus and green onions are cooking, chop the ham. Place ham, asparagus, and green onion in the baking dish.
5. In a large bowl, beat together the eggs, milk, flour (mix the flour with a bit of milk first), parmesan cheese, salt, thyme, rosemary, garlic, and pepper. Beat until smooth and pour over the ham mixture.
6. Bake uncovered for 30-35 minutes or until a knife inserted in the center comes out clean. Sprinkle with cheddar cheese. Bake an additional 3-5 minutes until the cheese is melted. Let set a few minutes before cutting and serving.

Source: Penzeys Spices

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Shopping List

PRODUCE:

- 9 stalks green onions
- 12 oz asparagus

MEAT/POULTRY/SEAFOOD:

- 2 (1/2-inch thick) slices ham (deli)

DAIRY:

- Land O Lakes light butter
- 8 eggs
- Milk
- Parmesan cheese
- 4 oz Food Club shredded cheddar cheese

SPICES/SEASONINGS:

- Salt
- Thyme
- Rosemary
- Granulated garlic
- Ground black pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- All-purpose flour

FOLD