

Asparagus Rolls



Makes 1 Servings

Prep Time: 5 min

Cook Time: 20 min

Ingredients

- 1 slice white bread
- 1-2 asparagus spears
- 2 tablespoons low-fat shredded Cheddar cheese
- 2 tablespoons shredded Monterey Jack cheese
- Tabasco, dash
- 1/4 cup reduced-fat milk

Use good white bread with crust removed. Roll out bread with rolling pin and flatten. Melt cheese in saucepan with milk, add a splash of Tabasco. Spread on bread and top with 1 or 2 asparagus spears. Roll up, cut in half and brush with melted butter, if desired. Bake 350 degrees Fahrenheit for 15-20 minutes. Can be frozen for later use.

Recipe created by Chef Kathy Cary of Lilly's, Louisville, KY

Nutritional Facts

Calories: 190

Total Fat: 7 g

Saturated Fat: 4 g

Cholesterol: 20 mg

Sodium: 380 mg

Calcium: 30% Daily Value

Protein: 12 g