

Asparagus Casserole

- 1 Tablespoon oil
- 2 Tablespoons regular flour
- 3/4 teaspoon herbal blend (optional)
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon paprika
- 1 cup low fat (skim) milk
- 1/2 cup low-fat shredded Swiss or cheddar cheese
- 1/2 pound sliced, sautéed mushrooms (makes 1 cup)
- 1/2 cup very finely cut celery
- 1 pound cooked tender-crisp asparagus (2 1/2-3 cups)
- 1 cup crushed crackers (saltines are fine)

Heat oil in a saucepan. Stir in flour and seasonings; cook until mixture bubbles. Add milk gradually, stirring until blended. Bring rapidly to boiling; cook and stir 1 to 2 minutes. Remove from heat; add cheese and stir until cheese is melted. Mix in mushrooms and celery. Line the bottom of a lightly oiled shallow 1-1/2-quart casserole with the asparagus. Pour cheese mixture over asparagus. Sprinkle with cracker crumbs. Bake at 350°F for 25 minutes or until thoroughly heated. If desired, place under broiler until crumbs are browned.

Yield: 6 servings; serving size 1/2 cup (140 calories, 4.5 grams fat, 0 grams trans fat, 2 gram fiber, 230 mg sodium)



Asparagus Frittata

- 2 large eggs
- 4 egg whites (6 Tablespoons)
- 1 teaspoon dried tarragon
- salt and pepper to taste
- 1 Tablespoon olive oil
- 1 bunch asparagus (about 1 pound), cut into 1-inch pieces (3 cups)

In a bowl, beat eggs & tarragon lightly, seasoning as desired. In a non-stick skillet, heat oil over medium high heat. Stir-fry asparagus until tender (about 3 minutes). Pour egg mixture into pan over asparagus.

When the eggs are almost cooked, flip frittata over. Cover and lower heat. Cook an additional minute or until eggs are completely set.

Yield: 8 servings; serving size 1/2 cup (50 calories, 3 grams fat, 0 grams trans fat, 1 gram fiber, 40 mg sodium)

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