



# HAM WRAPPED ASPARAGUS

May 24

National Asparagus Day



## INGREDIENTS

- 20 Thick Asparagus Spears
- 1 Tablespoon Olive Oil
- 1/8 Teaspoon Salt
- 1/8 Teaspoon Freshly Ground Black Pepper
- 10 Slices (1/2 ounce each) Ham, Mild Cured, Ready-to-cook, chilled or frozen
- 1 Ounce Parmigiano Reggiano Cheese

## DIRECTIONS

1. Preheat oven to 425°.
2. Trim the tough and fibrous grayish purple ends off the asparagus.
3. Place the asparagus spears on a sheet pan, and drizzle with olive oil, salt and pepper. Toss well to coat.
4. Lay the ham slices out onto a cutting board. Slice each in half down the length of the slice, then grate a thin layer of parmigiano reggiano on top of all the ham.
5. Roll each asparagus spear with the parmigiano ham, then arrange in a single layer on the sheet pan.
6. Bake for about 10 minutes (but check after 6-7 because thicknesses will vary), until the asparagus is still somewhat firm, but tender. It should limp slightly when picked up...or you can just taste it and see if it's done to your liking.
7. Grate more parmesan on top if you'd like, and enjoy.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Snack

## YIELD

20 Spears

## PORTION SIZES

Toddler	Preschool	School Age	Adult
5 Spears	5 Spears	8 Spears	5 Spears