

Asparagus with Cheese Sauce



Prep Time: 7 minutes

Cook Time: 15 minutes

Ingredients:

- 3 lbs. asparagus spears, small and fresh
- 2 tsp. margarine, soft, 80% fat
- 1 tbsp. white all-purpose flour
- 1 cup evaporated skim milk
- 2 oz. cheese, provolone, reduced fat, shredded
- ¼ tsp. salt substitute, no sodium
- 1 pinch paprika (optional)

Directions:

1. Snap off tough ends of asparagus. Remove scales with a vegetable peeler.
2. Arrange asparagus in a steamer basket over boiling water, cover, and steam 6-8 minutes or until crisp.
3. Melt margarine in a small, heavy saucepan over medium heat. Add flour. Cook, stirring continuously with a wire whisk for 1 minute.
4. Slowly add milk, stirring constantly until mixture is thickened and bubbly.
5. Add cheese and salt, stirring until cheese melts.
6. Arrange asparagus on a serving platter and pour cheese sauce over asparagus. Sprinkle with paprika (optional).

Additional Information:

When buying asparagus, look for the thinnest and most delicate spears.

Nutrition Facts

Makes 12 servings

Serving size: 4 oz.

Amount per serving:

Calories	18.6
Total Carbs	1.8 g
Dietary Fiber	0.3 g
Sugars	0.9 g
Total Fat	0.9 g
Saturated Fat	0.3 g
Unsaturated Fat	0.6 g
Potassium	165.8 mg
Protein	1.1 g
Sodium	23.6 mg