

# Recipe for

# Ham Asparagus Roll-Ups

FROM THE KITCHEN OF  
**Barbara Hinske**

## INGREDIENTS

1/2 cup sour cream (I use light)

2 TBS finely chopped green onion

1 TBS dijon mustard

salt and pepper to taste

24-32 asparagus spears

8-10 slices of Swiss cheese

1/4 cup bread crumbs

1 TBS melted butter (plus more for dipping)

SERVES 8

PREP TIME 15 mins

TOTAL TIME 30 mins

## DIRECTIONS

1. Microwave asparagus until crisp-tender and dip in melted butter
2. Combine sour cream, onion, mustard and salt and pepper
3. Place a slice of swiss cheese on top of a slice of ham and wrap it around 3-4 spears of Asparagus. Place seam side down in a baking dish.
4. Spoon sour cream mixture over top of roll-ups.
5. Top with buttered bread crumbs.
6. Bake at 350 degrees for 10-12 minutes or until cheese has melted.

