

Asparagus and Prosciutto

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12 thick asparagus spears
1/2 pound prosciutto , thinly sliced
1/2 pound chive cream cheese

Preheat the oven to 425 degrees.

Blanch the asparagus spears for 2 minutes. Drain. Run under cold water.

Spread the prosciutto slices with the chive cream cheese.

Wrap the prosciutto slices around the asparagus spears. Secure with a toothpick if necessary.

Place the asparagus spears in a greased baking dish.

Bake for 10 minutes.

Per Serving (excluding unknown items): 44 Calories; trace Fat (5.9% calories from fat); 4g Protein; 9g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 1/2 Vegetable.