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# Asparagus Parmesan III

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1/2 cup water**  
**2 1/2 teaspoons Season-All**  
**2 pounds fresh asparagus or 2 ten ounce packages frozen asparagus spears**  
**1 cup coarse cracker crumbs**  
**3 tablespoons butter**  
**1 tablespoon fresh parsley, chopped fine**  
**3 tablespoons flour**  
**1/8 teaspoon onion powder**  
**1/4 teaspoon black pepper**  
**1/4 teaspoon dry mustard**  
**1 1/2 cups milk**  
**1/4 pound fresh mushrooms**  
**2 tablespoons butter**  
**Parmesan cheese**

Add water and 1-1/2 teaspoons of the Season-All to the asparagus. When you use fresh asparagus, break the stalks off as far down as they snap easily. Wash well. Cook about 5 to 10 minutes or until tender. Drain.

Sprinkle the cracker crumbs evenly over the bottom of a buttered 1-1/2 quart shallow baking dish. Melt the butter in a saucepan. Stir in the flour, onion powder, pepper, dry mustard, remaining Season-All and the parsley. Cook until bubbly.

Remove from the heat. Add milk, mixing well. Cook over low heat, stirring, until thickened. Saute' the mushrooms in two tablespoons of butter and pour over the asparagus. Pour on the sauce and sprinkle with Parmesan cheese.

Bake at 350 degrees for 30 minutes.

Yield: 6 to 8 servings

## Side Dishes

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*Per Serving (excluding unknown items): 851 Calories; 70g Fat (73.0% calories from fat); 18g Protein; 41g Carbohydrate; 2g Dietary Fiber; 205mg Cholesterol; 776mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Non-Fat Milk; 13 1/2 Fat.*