
Asparagus Parmesan III

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1/2 cup water
3 1/2 teaspoons seasoned salt
2 pounds fresh asparagus
3/4 cup coarse cracker crumbs
3 tablespoons butter
3 tablespoons flour
1/8 teaspoon onion powder
1/4 teaspoon black pepper
1/4 teaspoon dry mustard
1 3/4 cups milk
1/4 cup Parmesan cheese

Wash the asparagus well. Break the stalks off and trim the base if much larger than the tip. Place the asparagus into a saucepan. Add water and 1-1/2 teaspoons of seasoned salt to the pan. Cook quickly in a shallow pan until tender. Drain. Sprinkle cracker crumbs over the bottom of a greased 8x8-inch shallow baking dish. Place the asparagus over the cracker crumbs.

Melt butter in a saucepan. Stir in the flour, onion powder, black pepper and dry mustard, stir well. Cook until bubbly. Remove from the heat and add the milk, mixing well. Return to the heat and cook until thickened. Pour the sauce over the asparagus and sprinkle with Parmesan cheese.

Bake in the oven at 350 degrees for 30 minutes.

(This dish may be made ahead and refrigerated. Cook just before serving.)

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 970 Calories; 57g Fat (50.0% calories from fat); 46g Protein; 82g Carbohydrate; 20g Dietary Fiber; 167mg Cholesterol; 5740mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 8 Vegetable; 1 1/2 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.