

Cheesy Asparagus Casserole

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1 medium onion, chopped
2 tablespoons butter
1/2 pound Velveeta cheese, grated
1 can (10.75 oz) cream of mushroom soup
2/3 cup milk
1/2 teaspoon pepper
1 pound asparagus, cooked and sliced
3 cups cooked rice
1 cup potato chips (optional), crushed

Preheat the oven to 350 degrees.

Spray a 13x9-inch baking dish with nonstick cooking spray.

In a saute' pan, saute' the onion in butter until soft.

Add the Velveeta cheese, soup, milk and pepper. Cook on low until creamy.

Add the asparagus and rice. Mix well.

Transfer the mixture to the prepared baking dish.

Top with the potato chips, if desired.

Bake for 30 minutes or until very hot.

Per Serving (excluding unknown items): 1251 Calories; 40g Fat (28.5% calories from fat); 30g Protein; 193g Carbohydrate; 10g Dietary Fiber; 86mg Cholesterol; 1365mg Sodium. Exchanges: 10 1/2 Grain(Starch); 4 Vegetable; 1/2 Non-Fat Milk; 7 1/2 Fat.