

Mother`s Original Asparagus Casserole

Meribeth Ingram - Avondale Estates, GA
Treasure Classics - National LP Gas Association - 1985

Servings: 6

1/2 stick margarine
2 heaping tablespoons flour
6 ounces mild cheddar
cheese
1 cup milk
1 can (15 ounce) asparagus
spears
2 boiled eggs
8 soda crackers, crushed

Preparation Time: 25 minutes**Bake Time: 20 minutes**

In a saucepan over medium heat, melt the margarine. Stir in the flour. Stir in three ounces of cheddar cheese. Add the milk. Stir until the mixture thickens.

Layer in a casserole dish in the following order: 1/2 of the asparagus spears, one sliced boiled egg and four crushed cracker crumbs. Pour 1/2 of the sauce mixture over this. Repeat the layers.

Sprinkle three ounces of the grated cheese on top.

Bake in the oven at 300 degrees for 20 minutes.

Best served with meat and a salad.

Per Serving (excluding unknown items): 245 Calories; 9g Fat (34.6% calories from fat); 6g Protein; 34g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 110mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 Fat.