



April, 2016 CHANGE ONE MEAL!



Ham and Asparagus Bake

1 C. fresh asparagus, cut into ½ inch pieces *(OR 1 C. fresh broccoli, finely chopped)

4 eggs *(OR 1 C. fat-free, cholesterol-free egg product)

1 C. chopped fully cooked ham

¼ C. chopped onion

¼ C. chopped green pepper

1 C. skim milk

½ C. flour

¼ C. grated Parmesan or Swiss cheese

Pepper to taste

½ C. shredded Cheddar cheese (optional)

1. Heat oven to 400 degrees. Lightly coat bottom and sides of 13 x 9 x 2 baking dish with cooking spray. Sprinkle ham, onion, green pepper, and asparagus or broccoli in the baking dish.
2. Beat eggs, milk, flour Parmesan or Swiss cheese, and pepper with whisk in medium bowl until smooth. Pour over ham mixture.
3. Bake uncovered 20 – 25 minutes until knife inserted in center comes out clean. Sprinkle with Cheddar cheese if desired, and bake an additional 3 – 5 minutes just until cheese is melted. Let stand 5 minutes before cutting. ***This is great for breakfast, lunch or dinner, and it makes a great dish for brunch.*** Serves 4.

NOTE: Frozen asparagus or frozen broccoli may be substituted when fresh asparagus or fresh broccoli may be unavailable.

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<https://www.facebook.com/ChanuteRecreationCommission> or check out our webpage at <http://www.chanuterecreation.com/#>! Recipe adapted from Betty Crocker Diabetes Cookbook.

CHANGE ONE MEAL is a new mini-initiative challenge from Chanute Recreation Commission to encourage Chanute residents to change one meal (one meal a day, one meal a week, one meal a month – whatever works best for your lifestyle) to a healthier option. Two healthy recipes will be featured each month. Check the CRC Facebook page, website, or pick up hard copies at the Rec Center check-in desk. **Take the challenge, and change one meal!**