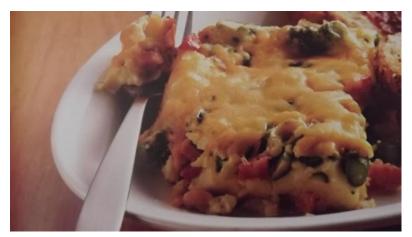
CHANUTE Recreation Live • Play • Learn

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

1/4 C. grated Parmesan or Swiss cheese

Pepper to taste

½ C. shredded Cheddar cheese (optional)

CHANGE ONE MEAL is a new miniinitiative challenge from Chanute
Recreation Commission to encourage
Chanute residents to change one meal
meal a day, one meal a week, one
your lifestyle) to a healthier option.

Two healthy recipes will be featured each
website, or pick up hard copies at the Rec
and change one meal!

- 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.

Chanute Recreation Commission, 400 S. Highland, Suite 2, Chanute, KS 66720; 620-431-4199. https://www.facebook.com/ChanuteRecreationCommission or check out our webpage at http://www.chanuterecreation.com/#! Recipe adapted from Betty Crocker Diabetes Cookbook.