

Asparagus-Turkey Roll ups

(Serving size 2-3 rolls per serving: use one turkey slice and 1 to 3 asparagus spears per roll, adjust quantities for desired number of servings wanted)

Steamed asparagus spears approx. 4 to 5 inches in length

Sliced roasted turkey (sliced for sandwiches); can subst. sliced ham or chicken

Shredded cheddar cheese

Steam asparagus spears 4-5 mins., drain and cool slightly to touch

Roll one large or 2 to 3 smaller asparagus spears with each turkey slice

Place rolled turkey-asparagus rolls in casserole dish with seam side down,

Top with desired amount of shredded cheese.

Bake in 350 degree oven until cheese is melted and turkey rolls are heated through.

Baked or Roasted Asparagus

Pre heat oven to 450 to 500degrees F.

Wash the amount of Fresh asparagus that you want to prepare, drain well. (Only fresh asparagus is recommended for this recipe)

Spray or coat 9x 13 inch metal cake pan or other large flat oven proof metal pan with olive oil, margarine or butter.

Place a single layer of washed asparagus on bottom of pan. Use a second pan if necessary.

Spray asparagus with small amount olive oil or margarine then sprinkle with your favorite seasoning. Optional; if using parmesan cheese sprinkle on asparagus after baking and return to oven 2-3 min. be careful not to over bake them.

Bake in oven 10-15 minutes depending on the amount of crispness that you prefer.

Mexican Asparagus Rollups

10 Flour tortillas (8 inch)

8 -12 oz. Cream cheese or more if desired.

Garlic powder or other desired seasoning

20-30 Fresh asparagus spears (allow 2-3 spears for each rollup)

Optional ingredients: Salsa, sour cream, shredded cheddar cheese

1. Wash and then cut asparagus spears to the length of flour tortillas.
2. Steam asparagus in large frying pan with a lid. Place approx. 1 inch of water in pan add asparagus spears and cook 5-8 min. or to desired crispness. Or Microwave in a covered dish for 3 min. use only 1 Table spoon water.
3. Drain asparagus and set aside.
4. Mix softened cream cheese with desired seasoning, you may add shredded cheddar cheese if desired.
5. Microwave flour tortillas 10-15 seconds to ease rolling.
6. Spread desired amount of cream cheese mixture on each tortilla covering only $\frac{3}{4}$ of the tortilla
7. Place 2 to 3 steamed asparagus spears on each tortilla at the end where the cream cheese is.
8. Roll asparagus up starting at end where the spears are lying.
9. Place each asparagus roll up with seam side down on slightly greased baking sheet. You may spray the roll ups lightly with olive oil or brush them lightly with butter.

Bake 10-15 min. at 350 to 400 degree oven.

Remove from oven, cool slightly, cut roll ups into 1 1/2- 2 inch pieces

To serve dip in salsa and enjoy!

*Can be used for a main dish, side dish or as an appetizer. Optional: Dress roll-ups as you would your favorite burrito.