

WRAPPED ASPARAGUS

Time: 30 minutes

Serves: 4

Ingredients:

$\frac{3}{4}$ cup parmesan Reggiano cheese – coarsely grated
 $\frac{3}{4}$ cup reduced fat Swiss cheese – coarsely grated
12 thin slices prosciutto
12 thin slices genoa salami
12 large asparagus spears – $\frac{1}{2}$ " discarded from thick end

Preparation:

Preheat the oven to 375F.

Mix the cheeses in a bowl and set aside.

Lay a slice of prosciutto on your work surface and top with a slice of salami. Spread two tablespoons of the cheese blend in a line along the meat slices and press lightly to bind.

Lay an asparagus spear lengthwise across one edge of the meat and cheese layers, then wrap the meat around the spear, fastening with toothpicks. Repeat for the remaining ingredients and place the wrapped spears on a baking sheet, sprinkling with any remaining cheese.

Bake for twenty minutes and serve.

Nutritional Information Per Serving:

Calories: 279
Fat: 17g
Carbs: 4g
Fibre: 1g
Protein: 28g