

Asparagus-and-Ham Casserole

Because of the delicate flavors in this dish, we preferred using a mild baked ham to a smoked one. **Yield:** 6 servings (serving size: 1 cup)

Ingredients

- 1 (1-ounce) slice white bread
- 3 3/4 cups uncooked extra-broad egg noodles
- 2 1/2 cups (1 1/2-inch) sliced asparagus
- 1/4 cup all-purpose flour
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup whole milk
- 1 cup fat-free, less-sodium chicken broth
- 1 tablespoon butter
- 3/4 cup finely chopped onion
- 1 tablespoon fresh lemon juice
- 1 1/2 cups (1/2-inch) cubed ham (about 8 ounces)
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tablespoons grated fresh Parmesan cheese

Preparation

Preheat oven to 450°.

Place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1/2 cup.

Cook pasta in boiling water 7 minutes, omitting salt and fat. Add asparagus; cook 1 minute. Drain.



Lightly spoon the flour into a dry measuring cup, and level with a knife. Place flour, thyme, salt, and pepper in medium bowl; gradually add milk and broth, stirring with a whisk until well-blended. Melt the butter in a medium saucepan over medium-high heat. Add the onion; sauté 4 minutes. Add milk mixture; cook until thick (about 4 minutes), stirring constantly. Remove from heat, and stir in juice. Combine the pasta mixture, milk mixture, ham, and parsley in large bowl; spoon into a 2-quart casserole. Sprinkle with breadcrumbs and cheese.

Bake at 450° for 10 minutes or until filling is bubbly and topping is golden.

Nutritional Information

Calories: 250 (26% from fat)
Fat: 7.1g (sat 3.4g, mono 2.4g, poly 0.7g)
Protein: 16g
Carbohydrate: 30.9g
Fiber: 2.7g
Cholesterol: 52mg
Sodium: 835mg