



Asparagus & ham cheese munchies



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Preparation 20 mins | Cooking 15 mins | Serves 4 as a snack

These tender asparagus munchies are ideal for an after-school snack or parties.

8 thick asparagus spears (about 2 bunches), trimmed

8 thin slices ham

1 cup reduced fat grated mozzarella cheese

STEP 1 Preheat oven to 200°C fan-forced. Bring a frying pan of water to the boil over high heat. Plunge asparagus into pan and cook for 2 minutes until vibrant. Drain, refresh in cold water and set aside to drain. Pat dry with paper towel.

STEP 2 Wrap a slice of ham around each asparagus spear. Place in a single layer on a baking tray lined with baking paper. Sprinkle each with cheese. Bake for 10-12 minutes or until cheese is golden and bubbling. Cool for 5 minutes and serve.

Good for you... **ASPARAGUS**

One of the best sources of natural folate. This B complex vitamin is important throughout life for normal function of the immune system. A source of vitamin C which contributes to protecting body cells from damage from free radicals.



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