

# Ham and Asparagus Casserole

Prep: 10 m Cook: 45 m Total Time: 55 m



## INGREDIENTS:

- 2 cups asparagus (approx 1 bunch), cut into 1 inch pieces
- 2 cups Swiss cheese, shredded
- 2 cups cooked ham, cubed
- 4 cups dry stuffing mix
- 1 (10.5 ounce) can cream of mushroom soup
- 2 cups milk
- 5 eggs
- 1 Tablespoon Dijon mustard
- Non-stick cooking spray

## EQUIPMENT NEEDED:

- 2 large mixing bowls
- Whisk
- Spatula or large spoon
- Baking dish
- Knife
- Cutting board
- Measuring cups and spoons

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Rinse and dry asparagus then trim or snap the woody ends off the base (about 1-2 inches). Cut the asparagus into 1½-inch pieces.
3. Grate cheese or measure 2 cups of shredded Swiss cheese.
4. Cut cooked ham into small cubes.
5. Measure 4 cups of stuffing.
6. In large bowl, whisk together cream of mushroom soup, milk, eggs and Dijon mustard.
7. In a second large bowl, stir together the asparagus, cheese, ham and stuffing. Add the soup mixture and mix well.
8. Spray baking dish with non-stick cooking spray.
9. Transfer mixture to baking dish and press down firmly with spatula or large spoon.
10. Bake for 45 minutes and serve hot.
11. Refrigerate leftovers within 2 hours.

## NOTES:

- The point to trim or snap asparagus can be found by carefully bending the spears. There is a natural point on the stem where it will easily break.
- You can prepare the casserole and freeze to bake later.



Serving size **290g**  
Calories **510**

Amount per serving	
Nutrition	% Daily Value*
<b>Total Fat</b> 33g	<b>42%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 2.5g	
<b>Cholesterol</b> 130mg	<b>43%</b>
<b>Sodium</b> 1300mg	<b>57%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 30g	
Vitamin D 1mcg	6%
Calcium 575mg	45%
Iron 2mg	10%
Potassium 371mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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