
Ham-Asparagus Buffet Casserole

Home Cookin - Junior League of Wichita Falls, TX - 1976

1/4 cup butter
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon cayenne
1/8 teaspoon paprika
2 cups milk
1 cup cooked ham, diced
1 can (16 ounces) asparagus
2 or 3 hard-boiled eggs, grated
1 cup grated sharp cheese
1/2 cup fine buttered bread crumbs

In a saucepan, melt the butter. Add the flour and cook for a few minutes, stirring constantly. Add the salt, cayenne, paprika and milk. Cook and stir until the mixture thickens.

In a greased two-quart casserole, layer the asparagus, ham, grated egg and cheese. Cover with half of the sauce. Repeat the layering again. Cover with the bread crumbs.

Bake at 350 degrees for 20 minutes or until the crumbs are brown and the sauce is bubbly.

Yield: 4 to 6 servings

Pork

Per Serving (excluding unknown items): 1198 Calories; 87g Fat (65.7% calories from fat); 56g Protein; 47g Carbohydrate; 1g Dietary Fiber; 691mg Cholesterol; 4742mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 2 Non-Fat Milk; 14 Fat.