

Asparagus Ham Bake

Evie Pronko

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Servings: 6

1 can (6 ounce) evaporated milk
2 cups cooked ham, cubed
2 cups cooked rice
1/2 cup shredded cheddar cheese
1 can cream of mushroom soup
3 tablespoons onion, finely chopped
1 package (10 ounce) frozen asparagus spears
1/2 cup cornflake crumbs
3 tablespoons butter or margarin, melted

Preheat the oven to 375 degrees.

In a bowl, add water to the evaporated milk to make 3/4 cup of liquid. To the milk mixture, add the ham, rice, cheese, soup and onion.

In a bowl, pour boiling water over the asparagus to separate. Drain.

Spoon half of the ham mixture into a 10x6x1-1/2-inch baking dish. Top with the asparagus and then the remaining ham mixture.

In a bowl, combine the crumbs and melted butter. Sprinkle over the top.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 307 Calories; 13g Fat (37.8% calories from fat); 16g Protein; 31g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 947mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.