



## Ham and Asparagus Casserole

Prep Cook Time: 15 minutes

SERVES 4 - 6

### Ingredients:

- 1 (12 oz. pkg.) sliced ham
- ½ cup chopped onion
- 1 lb. Asparagus, chopped
- 2 cups egg substitute
- 2 cups milk
- 1 cup flour
- ¾ teaspoon salt
- ½ teaspoon pepper
- ¼ cup shredded Parmesan
- 1 cup shredded cheddar cheese

### Steps

1. Dice ham. Combine ham, onions, asparagus and put into a 9x13 sprayed baking dish.
2. Beat together egg substitute, milk, flour, salt, pepper, and Parmesan until smooth and slowly pour over ham mixture.
3. Bake 20 minutes at 425 degrees.
4. Sprinkle with cheddar cheese and let melt.