

Eat Well Recipe

12 spears asparagus
1 container low-fat whipped cream cheese
12 slices deli-sliced ham

Chop ends of asparagus. Boil asparagus for a few minutes, or until tender. Drain water and let asparagus cool. Spread cream cheese lightly on slice of ham. Roll asparagus in ham, and spear with a toothpick to hold together. Repeat process until all asparagus spears are finished!

This recipe is provided by SHS Wellness Programs.
All of our recipes can be found online at www.uvu.edu/wellnessed

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12 stalks asparagus
1 container low-fat whipped cream cheese
1 package packaged deli ham

Chop ends of asparagus. Boil asparagus for a few minutes, or until tender. Drain water and let asparagus cool. Spread cream cheese lightly on slice of ham. Roll asparagus in ham, and spear with a toothpick to hold together. Repeat process until all asparagus spears are finished!

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