

## **HAM & ASPARAGUS STRATA**

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Prep: 20 minutes      Chill: 2 hours      Cook: 40 minutes

### **INGREDIENTS:**

2 English Muffins, torn or cut into bite-sized pieces  
1/3 C cubed fully cooked ham  
1/4 C cooked cut asparagus OR broccoli florets  
2 1-oz slices Swiss cheese, torn  
1 slightly beaten egg  
1 slightly beaten egg white  
1/4 C milk  
2 TBS sour cream  
1 TBS finely chopped onions  
1 tsp Dijon-style mustard  
1/8 tsp caraway seed  
Dash pepper

### **DIRECTIONS:**

In greased 1-qt casserole, layer half the English muffin pieces - top with ham, then asparagus & cheese - place remaining muffin pieces atop.

In medium mixing bowl combine egg, egg white milk, sour cream, onion, mustard, caraway seed & pepper - pour over layers in casserole - cover/chill in refrigerator 2-24 hours.

Bake 40 minutes, uncovered in 325° F oven (or till knife comes out clean from center) - let stand 5-10 minutes before serving.

Serves: 2

[per serving: calories:419; protein: 28g; carbohydrates: 37g; total fat: 18g; saturated fat: 9g; cholesterol: 158mg; sodium: 1264mg; potassium: 839mg]