

## **QUICK AND EASY ASPARAGUS**

Serves 4

### **Ingredients**

- 1 can of asparagus
- Cooking spray or cooking oil
- Black pepper
- Parmesan cheese

Preheat the oven to 400F. Drain the canned asparagus well and lay it in a single layer on paper towels. Pat the tops of the canned asparagus dry with more paper towels.

Place the asparagus in a single layer on a baking sheet. Spray them with cooking spray or drizzle with cooking oil and sprinkle with black pepper.

Bake the asparagus on a rack  $\frac{1}{3}$  down from the top of the oven for 10-15 minutes.

Sprinkle the asparagus with grated Parmesan cheese if desired, and enjoy.

## **BAKED ASPARAGUS CASSEROLE**

### **INGREDIENTS**

- 2 cans of asparagus, drained
- 1 cup heavy cream
- 1 cup grated Parmesan cheese, divided
- $\frac{1}{2}$  teaspoon onion powder
- 4 cloves of garlic, minced
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon red pepper flakes
- 2 cups grated mozzarella cheese
- $\frac{1}{2}$  cup French fried onions

### **INSTRUCTIONS**

Preheat the oven to 400 F. Grease a 13-inch x 9-inch baking dish with cooking spray or melted butter.

Lay the canned asparagus in the bottom of the baking dish.

In a bowl, whisk the heavy cream with  $\frac{1}{2}$  cup grated Parmesan, onion powder, minced garlic, salt, pepper, and red pepper flakes. Pour the cream mixture over the asparagus.

Top with remaining grated Parmesan and mozzarella cheese. Bake for 20 minutes.

As soon as the 20 minutes are up, remove the dish from the oven, and top it with the French fried onions.

Bake for another 5 minutes or until bubbly. If you prefer more color on your casserole, bake it for an additional 5 minutes.

Let the casserole cool for 5 minutes. Serve the casserole with roasted asparagus and carrots.

## **ASPARAGUS CASSEROLE**

- 2 cans asparagus drained
- 1 lg bag sharp cheddar cheese
- saltine crackers
- milk
- pepper to taste
- loaf pan

1. Preheat oven to 350 degrees
2. Layer crackers on bottom of pan
3. Layer of asparagus on top of crackers
4. Sprinkle layer of cheese on top of asparagus
5. Do this two more times to fill the pan. You can softly push down the layers as you go to make room. Add one more layer of crackers on top.
6. Slowly pour milk over the casserole up to the top of the last layer of crackers.
7. Line cookie sheet pan with foil in case for boil over and place casserole on sheet and put it in the oven on the middle rack.
8. Cook for 55 minutes until milk has cooked down and not runny or soupy. Should be gelled with the crackers.
9. Add a little more cheese on top just before pulling out of oven. Let set and cool 5 or more minutes.