



Asparagus and Swiss Cheese Souffles

Makes 2 servings



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| 10 thin asparagus spears (ends trimmed), cut into 1" pcs | 2/3 cup skim milk |
| 2 ½ tablespoons Smart Balance Spread | 2 large eggs, separated |
| 2 tablespoons all purpose flour | 2/3 cup (packed) grated Swiss cheese (about 3 ounces) |
| 1 teaspoon dry mustard | Salt and pepper to taste |

Preheat oven to 450° F. Generously butter two 1 ¼-cup soufflé dishes or custard cups. Divide asparagus pieces between prepared dishes. Melt butter in heavy medium saucepan. Drizzle ¾ teaspoon butter over asparagus in each dish. Reserve remaining butter in pan. Bake asparagus until just tender and beginning to brown, about 6 minutes. Maintain oven temperature. Meanwhile, add flour and mustard to remaining butter in pan and whisk until smooth paste forms. Set over medium heat and whisk 1 minute. Whisk milk and yolks to blend in small bowl; whisk into flour mixture. Cook until sauce thickens, whisking constantly, about 2 minutes. Remove pan from heat. Add grated cheese, salt and pepper and stir until cheese melts.

Beat egg whites in medium bowl until stiff but not dry. Fold whites into warm cheese mixture in pan. Spoon all of soufflé batter over asparagus in dishes.

Bake soufflés until puffed and golden, about 14 minutes. Serve immediately.

Bon Appetit - April 1998

Nutrition Facts	
Serving Size (375g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 3g	10%
Sugars 43g	
Protein 8g	
Vitamin A 6%	Vitamin C 220%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	