



Asparagus on Toast with Cheese Sauce

1 pound fresh asparagus, steamed for about five minutes (until tender crisp)

Tomatoes and/or sweet red peppers, sliced and lightly grilled or sauteed

Whole wheat bread, toasted

Cheese Sauce (see recipe below)

- 1.) Place cooked asparagus and tomato or pepper slices on toasted bread and cover with cheese sauce.

Cheese Sauce

2 TBSP. healthy cooking spread (such as Smart Balance)

4 TBSP. flour

¼ tsp. pepper

2 cups low fat milk

1 ½ cups grated cheese (such as cheddar or swiss)

- 1.) Melt spread over low heat. Add flour and pepper. Stir until well blended. Remove from heat.
- 2.) Gradually stir in milk and return to heat. Cook, stirring constantly, until thick and smooth.
- 3.) Add 1 ½ cups of grated cheese.

Asparagus	
Nutrition Facts	
Serving Size 5 spears, raw (93g)	
Amount per Serving	
Calories 25	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 230mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	
Sugars 2g	
Protein 2g	
Vitamin A 10%	•Vitamin C 15%
Calcium 2%	•Iron 2%
Vitamin D **	•Vitamin E **
Vitamin K **	•Thiamin **
Riboflavin **	•Niacin **
Vitamin B6 **	•Folate **
Vitamin B12	•Biotin **
Pantothenic Acid **	•Iodine **
Magnesium **	•Zinc **
Selenium **	•Copper **
Manganese **	•Chromium **
Not a significant source of calories from fat, saturated fat, and cholesterol.	
**Contains less than 2 percent Values are based on a 2,000 calorie diet.	
*Percent Daily Values are based on a 2,000 calorie diet.	

