

## Asparagus & Roasted Red Pepper Phyllo Bundles

Asparagus is one of the first spring crops...this is fun and delicious as a side dish or appetizer.



24 each asparagus spears  
 2 each sweet red pepper, sliced thinly  
 1 package phyllo dough, (1 6-ounce package), thawed  
 ¼ cup melted butter  
 4 slices Serrano ham, sliced in half lengthwise  
 ¼ cup Parmesan cheese, finely grated  
 Paprika

- Clean asparagus and snap off tough ends.
- Unwrap thawed phyllo, cut entire stack in half lengthwise and cover with a damp cloth.
- Take one sheet of phyllo and brush with melted butter. Place a piece of Serrano ham on the phyllo and sprinkle with Parmesan cheese. Place 3 spears of asparagus and 2 to 3 slices of red pepper on the short end of the ham-topped phyllo sheet and roll up. Place on a baking sheet, seam side down and brush with additional melted butter. Sprinkle with more Parmesan cheese and lightly dust with paprika.
- Continue until all of the asparagus spears and pepper slices are used.
- Bake in a 375-degree oven for 15 minutes or until phyllo is golden brown and crispy and the asparagus has nicely roasted to tender-crisp..

Yield: 8 bundles

NOTE: If Serrano ham is not available, use Proscuitto (don't use regular deli ham!)

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Per Bundle: 88 Calories; 7g Fat (69.0% calories from fat); 3g Protein; 4g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.

