

Asparagus Casserole

Oshkosh Community YMCA

Easy, cheesy asparagus casserole comes together in just a few steps and is the perfect make-ahead side dish. Seriously the best!

INGREDIENTS:

- 2 pounds asparagus trimmed and cut into 2-inch pieces
- ½ cup mayonnaise
- 6 ounces sharp cheddar cheese grated
- ½ onion diced
- 2 tablespoons flour
- 2 cloves garlic minced
- 1 cup milk
- salt and pepper
- 15 Ritz crackers or similar crushed



INSTRUCTIONS:

1. Place the asparagus, mayo, and cheese together in a large bowl.
2. In a skillet over medium heat, add the onion with a drizzle of oil. Sauté the onion for about 5 minutes until soft and slightly browned. Sprinkle the garlic and flour all over the onion mixture. Stir to create a roux and let the flour cook for a minute or two.
3. Very slowly pour the milk into the skillet, stirring as you go to incorporate the milk into the flour mixture. Let the milk sauce come to a bubble. Sprinkle with salt and pepper.
4. When the milk sauce is slightly thick, pour it into the bowl with the asparagus and other ingredients. Stir to mix everything together, and pour the mixture into a baking

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Recipe Source <https://mytherapistcooks.com/easy-asparagus-casserole#recipe>

dish, 9x13 or similar. Sprinkle the crushed crackers over the casserole.

5. Bake the asparagus casserole at 375F for 40-50 minutes or until the asparagus is just tender and the cheese is bubbly. Broil the top for one minute if you'd like to brown the crackers. Serve. Eat. Enjoy!

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 206 g		Total Fat 19.3g	30%	Total Carbohydrates 13g	4%
1 serving (7.3 oz)		Saturated 6.5g	32%	Dietary Fiber 3g	12%
Calories 255		Trans Fat 0.3g		Sugars 5g	
From fat 174		Cholesterol 30mg	10%	Protein 9g	19%
<i>HappyForks.com</i>		Sodium 269mg	11%		
		Calcium 22% • Iron 15%		Vitamin A 23% • Vitamin C 13%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.