

Asparagus Enchiladas

Yield: 6 servings

Ingredients:

48 fresh asparagus spears (about two bunches)
6 tablespoons olive oil
6 cloves garlic, minced
 $\frac{3}{4}$ cup all-purpose flour
1 cup fat-free (skim) milk
2 cups fat-free chicken or vegetable broth
1 tablespoon minced lemon peel
2 tablespoons chopped fresh cilantro or parsley
salt and white pepper to taste
12 raw corn tortillas (1 package, depending upon brand)
1 cup shredded cheddar cheese
 $\frac{1}{2}$ cup sliced green onions

Procedure:

Trim woody base from asparagus spears; scrape off scales. Rinse and par-cook spears in salted water for 5 to 8 minutes; drain and cover with cold water. Put oil in small saucepan over medium heat; when hot add garlic, cook for 1 minute and add flour to form a roux. Cook roux (resembles peanut butter consistency) for 5 to 10 minutes. Meanwhile, bring milk and broth to simmer in medium saucepan; whisk in roux and allow sauce to thicken; add lemon peel and cilantro or parsley and season to taste with salt and pepper. Remove saucepan from heat and place on a hot pad in work area. Drain asparagus. Spray a 13x9x2 baking pan with cooking oil and spread 1 cup of sauce in bottom. Using kitchen tongues, coat tortillas, one at a time, with sauce in saucepan and then lay on large plate; place four asparagus spears in each tortilla, roll up and place seam side down in baking pan. Spoon remaining sauce over stuffed tortillas. Bake at 325 F for about 20 minutes or until sauce is bubbly. Remove from oven and sprinkle with cheese and onions. Continue baking until cheese melts. Let stand 5 minutes before serving.

about 400
calories and
22 grams of fat
per serving

The saturated fat in this recipe comes from the cheddar cheese, which also contributes calcium. If you're concerned about your fat intake, try using a reduced-fat cheese or less cheese.

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