

Asparagus Finger Sandwiches

Cooked asparagus is mashed and mixed with mayonnaise and Parmesan cheese to make a savory spread for these appetizer sandwiches.

- **Yield:** Serves 8 small sandwiches **Total:**35 minutes

Ingredients

- 8 oz fresh asparagus or ½ of a 9-10 ounce package frozen cut asparagus
- ¼ cup mayonnaise or salad dressing
- 3 Tbsp. grated Parmesan cheese
- ¼ tsp salt
- 1/8 ground white pepper
- 1 Tbsp butter softened
- 4 slices thinly sliced firm-textured white sandwich bread
- 2 slices thinly sliced firm-textured wheat sandwich bread
- Fresh parsley sprigs or microgreens

Preparation

1. If using fresh asparagus, snap off and discard woody bases from asparagus. If desired, scrape off scales from asparagus spears. Cook asparagus, covered, in a small amount of boiling water about 10 minutes or until soft and tender; drain. If using frozen asparagus, cook according to package directions using maximum time given; drain. Carefully spread asparagus on a double layer of paper towels; drain well. Pat dry with paper towel.

2. Transfer asparagus to a medium bowl. Using a fork, mash the asparagus. Drain out all the excess water using a sieve (excess water will make the sandwiches soggy). Stir in mayonnaise, Parmesan cheese, salt, and white pepper; mix thoroughly to a spreadable consistency.

3. Spread butter on one side of each slice of white bread. Spread asparagus mixture over buttered side of each slice. Top 2 slices of white bread with a slice of wheat bread. Place the 2 remaining slices of white bread, asparagus side down, on top each slice of whole wheat.

4. To serve, using a sharp serrated knife, slice crusts from all four sides of each sandwich. Cut each sandwich into 4 triangles or 4 squares. Arrange on a platter with the cut edges upward. Garnish with sprigs of parsley or microgreens. Serve at once or cover and chill up to 1 hour.
Makes 8

Nutritional Information: Amount per serving: Calories: 142

Fat: 9 g Protein: 3.0g Carbohydrate: 13g
Fiber: 1.0g Cholesterol: 11mg Sodium: 289mg

