

Asparagus Rolls



Serves 8

Ingredients:

- $\frac{1}{2}$ cup whole basil leaves
- $\frac{1}{2}$ cup ricotta cheese
- 2 tablespoons olive oil
- salt and black pepper to taste
- 1 pound medium asparagus spears, trimmed
- 1 tablespoon salt
- 8 slices thinly sliced prosciutto or ham
- $\frac{1}{4}$ cup grated Parmesan cheese

- 2 teaspoons lemon juice or balsamic vinegar (optional)

Instructions:

1. Prepare a medium size bowl of ice water for chilling basil and asparagus.
2. Bring 2 quarts water to a boil with salt. Add basil leaves to water and blanch until leaves brighten, about 20 seconds. Remove with slotted spoon and plunge into ice water. Remove and squeeze out excess water.
3. Add asparagus to boiling water and cook 5 to 7 minutes, until ends are soft when pinched. Remove from water and chill in ice water to stop cooking.
4. Place blanched basil leaves into blender or food processor. Add ricotta cheese, olive oil and salt and pepper to taste. Set aside.
5. Lay out slices of prosciutto on a cutting board. Place dollop of ricotta mixture on one end of the prosciutto slice. Sprinkle with Parmesan cheese. Arrange two asparagus spears at the edge of each prosciutto slice and begin rolling around the asparagus until the end of the prosciutto is reached.
6. Drizzle asparagus rolls with lemon juice or balsamic vinegar if you'd like. Enjoy!

Nutrition per serving: Calories 94; Total Fat 7.2 g; Saturated Fat 2.6 g; Monounsaturated Fat 3.7 g; Polyunsaturated Fat 0.6 g; Total Carbohydrates 2.0 g; Dietary Fiber 0.7 g; Sugar Alcohols 0.0 g; Sugars 1.0 g; Protein 5.8 g; Sodium 373 mg