

Dijon Ham and Asparagus Roll Ups

Ingredients

1 package crescent rolls
10 slices thinly sliced, lean ham
12-16 asparagus heads (top third of asparagus stalk)
Dijon mustard

Directions

Preheat oven to 375F degrees (or check package of crescent rolls for oven directions)

Steam asparagus in a steamer pot until half tender or in a microwave-safe bowl, place asparagus with just enough water to cover and microwave on 50% power for 2 minutes or half tender.

On a large baking sheet, spread out the crescent dough evenly. Coat dough with an even layer of Dijon mustard.

Wrap 1 – 2 asparagus in 1-2 slices of ham. Then, place at the wide end of the crescent dough and roll up in the dough. Repeat for each crescent roll.

Bake for 10-15 minutes until slightly golden brown.

Let cool slightly and serve warm.