

HAM AND BROCCOLI ROLL-UPS  
By Dorothy Zehnder

1 bunch fresh broccoli or 1 package (10 oz.) frozen broccoli spears (6 spears total), cooked & drained  
6 thin slices cooked ham  
½ cup real mayonnaise  
3 tablespoons flour  
½ teaspoon salt  
⅛ teaspoon pepper  
1½ cups milk  
1/3 cup grated Parmesan or Cheddar cheese  
Fine dry bread crumbs,  
-Option: Or a mixture of toasted sunflower seeds & sesame seeds (1/2 tsp. of each)

Roll each ham slice around a broccoli spear. Place rolls in shallow casserole dish and set aside. In a small saucepan, stir together mayonnaise, flour, salt and pepper. Gradually stir in milk. Cook over low heat, stirring constantly, until thickened. Add cheese, stirring until blended. Pour sauce over the middle of the rolls. Sprinkle with bread crumbs.

Broil 6 inches from source of heat for two minutes or until bubbly.

Yield: 6 servings

Dorothy's notes:

Steam the broccoli spears for 3 minutes and then dip in cold water for 5 minutes. Drain broccoli and pat with a paper towel.

Optional: Heat in oven at 250° for up to 20-30 minutes, and then broil for 2 minutes. I kept turning the rolls to brown all sides.