

## **Dijon Ham & Asparagus Roll-ups**

Yield: 8 roll-ups

16 asparagus spears, cut down to about 3 1/2-inches with the head  
1 (8 oz) package refrigerated crescent rolls  
1-2 tablespoons Dijon mustard  
16 thin slices of ham

Preheat the oven to 375°F. Line a baking sheet with parchment paper or silicone liner.

Place the asparagus in a covered casserole dish. Add water until just covering the asparagus. Cover and microwave on high for 2 minutes. Meanwhile, separate the crescent roll dough into 8 triangles and lay flat on the baking sheet. Spread a thin layer of the mustard on each triangle.

Drain the asparagus. Wrap two spears together in two slices of ham, then place at the wide end of a dough triangle and roll up the dough. Repeat with remaining ingredients.

Bake for 10-12 minutes, until slightly golden brown. Serve warm.

Source: [The Fresh Fridge](#)