

The Original Healthy Fast Food

(NAPSA)—Just about everybody loves cheese. Loaded with calcium and protein, the “real thing” makes so many dishes more appealing, and mellow, nutty, smooth-melting Norwegian Jarlsberg—America’s most popular specialty cheese—is particularly versatile, a family favorite.

Made from part-skim milk, it’s naturally low in calories, sodium and fat—newer Jarlsberg Lite, also great for snacking and cooking, has 50 percent less fat than regular Swiss.

Try this super simple Asparagus Rolls recipe—a surefire party idea. Here are a few other easy, creative, absolutely delicious uses for either classic Jarlsberg or Jarlsberg Lite.

- Roll cheese slices around fresh fruits or raw vegetables.

- Add cubes to salads and pastas—warm or cool.

- Shred on vegetables and into sauces.

- Enhance stuffings for meat, poultry or fish.

- Enrich egg dishes.

- Shred into mashed or “smashed” potatoes.

- Grill with peppers, squash, potatoes.

- Top burgers—beef, turkey or salmon.

- Make hors d’oeuvres, wraps and sandwiches galore.

2006 marks the 50th anniversary of Jarlsberg cheese—and the 125th of its source, Tine B.A. Norwegian Dairies, a farmers cooperative. One way to celebrate is to discover tasty new ways to give your menus pizzazz—and a nutritional boost.



Cheese, glorious cheese is just delicious when included in this Asparagus Rolls With Ham and Jarlsberg recipe.

Asparagus Rolls With Ham and Jarlsberg

12 clean asparagus spears

12 thin slices lean ham

1 cup grated Jarlsberg cheese

Boil asparagus in lightly salted water 1 minute. With slotted spoon, dip spears in ice water to preserve color; drain on paper towels. Wrap a slice of ham around each spear and place on baking sheet lightly sprayed with oil. Sprinkle spears liberally with Jarlsberg and brown in 450° oven about 5 minutes. Serve immediately.

Serving suggestions: Place on grilled country bread brushed with olive oil and garlic and topped with chopped tomatoes plus a bit of sea salt, if desired.