



Oven-Roasted Asparagus

"Salty and savory, the roasting method kills the natural bitterness of asparagus. Try it next to grilled fish or lamb."

Prep Time 10m

Cook Time 15m

Ready In 25m

Serves 4

Calories Per Serving 123

Ingredients

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 1/2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

Directions

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Footnotes

Cook's Note: To remove woody ends, grab stalk of asparagus at either end and bend until it snaps. It will naturally snap where it starts to get tough.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving: 123 calories; 10.8 g fat; 5.2 g carbohydrates; 3.3 g protein; 2 mg cholesterol; 471 mg sodium.