

Oven Roasted Asparagus

Makes 4 Servings

Ingredients

2 bunches fresh asparagus (about 2-3 lbs)
1 ½ Tbsp extra virgin olive oil
⅓ tsp salt or seasoned salt
¼ tsp black pepper

Directions



1. Trim the starchy bottom ends (about 2 inches) from the asparagus spears and discard. Wash and air- or pat-dry the spears.
2. Spray a jelly roll pan with vegetable cooking spray or line it with parchment paper.
3. Make 2 piles of asparagus on the pan.
4. Drizzle olive oil equally over both piles. Toss asparagus until well coated.
5. Layer asparagus in a single layer.
6. Evenly season with salt and pepper.
7. Roast in pre-heated 400°F oven for 25-30 minutes or until golden brown (cooking time will vary depending on the thickness of your asparagus).
8. For even browning, rotate the pan 180° halfway through the cooking time.

Nutrition Information per Serving: Calories: 104, Total Fat: 5.5gm, Saturated Fat: 1gm, Cholesterol: 0mg, Carbs: 11gm, Fiber: 6gm, Protein: 6gm, Sodium: 198mg