



Roasted Asparagus

4 servings
20 minutes

Ingredients

- 2 lbs Asparagus (1 lb = about 1 bunch)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Coarsely Ground Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	106
Fat	7g
Saturated	1g
Trans	0g
Carbs	9g
Fiber	5g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	300mg
Vitamin A	1715IU
Vitamin C	13mg
Calcium	55mg
Iron	5mg

Directions

- 1 Heat oven to 425 degrees Fahrenheit.
- 2 Rinse asparagus well in cold water. Using hands, snap base off asparagus where it breaks naturally and discard woody end, then snap into 1-2-inch pieces.
- 3 Toss asparagus with oil, salt, and pepper and arrange evenly in a baking dish or sheet without overlapping too many pieces.
- 4 Roast at 425 degrees Fahrenheit for about 15 minutes, turning asparagus in the pan about half-way through cooking. Asparagus should be soft enough to poke with a fork and starting to brown, but not mushy.

Notes

Total time: 20-25 min: Prep time: 5 min // Cook time: 15-20 min

Serving Size: 1 cup

Pro Tip: Instead of roasting, try sauteing 12 to 15 minutes over medium to medium-high heat OR grilling (using a grill basket) for 20-25 minutes.

Leftovers: Refrigerate in airtight container 3-5 days. Do not freeze. For crispier asparagus, reheat in skillet, oven, or toaster oven instead of microwave.

Cooking Equipment: Baking sheet or dish

Snap asparagus into 2-inch pieces: snap base off asparagus using hands where it breaks naturally and discard woody end, then break into 2-inch pieces.