

Roasted Asparagus

Ingredients

- 1 pound of fresh asparagus
- 4 cloves of garlic, pressed
- 2 Tbsp of olive oil
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Fresh cracked pepper
- $\frac{1}{2}$ cup grated Parmesan cheese

Directions

1. Preheat oven to 400°F.
2. Break off ends of asparagus spears.
3. In a large bowl, combine the olive oil, garlic, and salt and pepper. Add asparagus and toss to cover.
4. Cover a large cookie sheet with aluminum foil. Spread the asparagus on a sheet and sprinkle with Parmesan cheese.
5. Bake 15 to 20 minutes or until the spears begin to turn brown. Turn half way through.

Handling & Storage

Do not wash asparagus before storing. Trim the ends of fresh asparagus and stand them upright in a jar with about an inch of water in the bottom. Cover with a plastic bag and refrigerate for up to two days.

To prepare, bend each spear until it breaks naturally. This will ensure tender spears of asparagus without waste.

Nutritional Information

Calories: 180

Total Fat: 13.2 g

Saturated Fat: 5.1 g

Cholesterol: 20 mg

Sodium: 557 mg

Total Carbohydrates: 6.8 g

Dietary Fiber: 2.6 g

Sugars: 2.3 g

Protein: 12.0 g

Serves 4