



Roasted Asparagus (GERD)

This can be served as an accompaniment for many lunch and dinner dishes. This may also be served warm or cool depending on preference.

<u>U.S.</u>		<u>Metric</u>
1 lb	Asparagus, ends trimmed	453.6 g
1 tsp	Garlic Powder	4 g
2 tsp	Olive Oil	10 mL
1/8 tsp	Black Pepper, ground	0.3 g
1/4 tsp	Salt, Kosher	1.5 g
1 Tbsp	Parmesan, grated	6.3 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Toss asparagus with the garlic, lemon juice and zest, black pepper, and salt.
4. Place asparagus on a parchment paper lined sheet tray and roast for 10 minutes, or until slightly tender.
5. Top asparagus with parmesan and bake for an additional 3-5 minutes, or until cheese is melted and has started to brown.
6. Serve warm.

Nutrition Facts

Serving size	4 oz
Servings	4
Calories	50
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	5 g
Dietary Fiber	2 g
Sugars	2 g
Protein	3 g
Vitamin A	15 %
Calcium	4 %
Vitamin C	10 %
Iron	15 %
Phosphorus	71 mg
