



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 | 450g |
| 1 tsp | Garlic Powder | 4g |
| 2 tsp | Olive Oil | 10mL |
| 1/8 tsp | Black Pepper, ground | 0.3g |
| 1/4 tsp | Kosher Salt | 1.5g |
| 1 Tbsp | Parmesan, grated | 6.3g |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Toss asparagus with the garlic, 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 on Reverse**

Nutrition Facts

4 Servings

Serving size **4 ounces (about 6 spears)**

Amount per serving

Calories **50**

| | |
|---------------------------|--------|
| Total Fat | 3 g |
| Saturated Fat | 0.5 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 2 g |
| Cholesterol | 0 mg |
| Sodium | 150 mg |
| Total Carbohydrate | 5 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes 0g Added Sugars | |
| Protein | 3 g |
| Vitamin D | 0 % |
| Calcium | 3 % |
| Iron | 14 % |
| Potassium | 200 mg |
| Phosphorus | 70 mg |
