



Roasted Asparagus

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 clove	Garlic, minced	1 clove
1 each	Lemon, juiced and zested	1 each
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 oil, garlic, lemon juice and zest, black pepper, and salt.
4. Place asparagus on a parchment paper lined sheet tray and roast in preheated oven for 5 minutes,
5. Top asparagus with parmesan and bake for an additional 2-4 minutes, or until cheese is melted and
6. Serve immediately or allow to cool, according to preference.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **4 oz.**

Amount per serving

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

Total Carbohydrate 6 g

 Dietary Fiber 2 g

 Total Sugars 2 g

 Includes 0 g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 4 %

Iron 15 %

Potassium 246 mg

Phosphorus 71.7 mg
