



Roasted Asparagus

This can be served as an accompaniment for many lunch and dinner dishes. Leftovers make a great salad topping.

U.S.

1 lb	Asparagus, ends trimmed
1 clove	Garlic, minced
1 each	Lemon, juiced and zested
1 Tbsp	Olive Oil
To taste	Black Pepper, ground
1/4 tsp	Kosher Salt
1 Tbsp	Parmesan, grated

Metric

453.6 g
1 clove
1 each
15 mL
To taste
1.5 g
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, or until slightly tender.
5. Top asparagus with parmesan and bake for an additional 2-4 minutes, or until cheese is melted and has started to brown.
6. Serve warm.

****Nutrition Facts on Reverse**

9/3/20

Nutrition Facts

4 Servings

Serving size **4 oz.**

Amount per serving

Calories **60**

Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	125 mg
Total Carbohydrate	6 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes 0 g Added Sugars	
Protein	3 g
Vitamin D	0 %
Calcium	2 %
Iron	14 %
Potassium	200 mg
Phosphorus	60 mg
