

Oven-Roasted Asparagus



Rated: ★★★★★
Submitted By: swedishmilk
Photo By: Kim's Cooking Now!

Prep Time: 10 Minutes
Cook Time: 15 Minutes

Ready In: 25 Minutes
Servings: 4

"Parmesan cheese adds a salty, savory component to sweet, tender asparagus. Try it next to grilled fish or lamb."

Difficulty level- easy Price- cheap

INGREDIENTS:

1 bunch thin asparagus spears, trimmed	1 clove garlic, minced (optional)
3 tablespoons olive oil	1 teaspoon sea salt
1 1/2 tablespoons grated Parmesan cheese (optional)	1/2 teaspoon ground black pepper
	1 tablespoon lemon juice (optional)

DIRECTIONS:

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

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Nutrition

Calories

123 kcal

Carbohydrates

5.2 g

Cholesterol

2 mg

Fat

10.8 g

Fiber

2.4 g

Protein

3.3 g

Sodium

471 mg

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