

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Roasted Asparagus with Garlic and Feta!



Ingredients:

- 2 lbs fresh asparagus (trimmed)
- ¼ cup olive oil (or vegetable broth)
- 1 tbsp minced garlic
- 1 tsp fresh lemon zest
- 1 tsp dried oregano
- ¼ tsp red pepper flakes
- salt and black pepper to taste
- 1/2 cup crumbled feta cheese
- 1 lemon

Preparation:

1. Heat olive oil, garlic, lemon zest, oregano, and red pepper flake in a sauce pan over low heat until the garlic starts to become golden. Remove from heat to cool for about 10 minutes.
2. Preheat oven to 425 degrees.
3. Coat asparagus with the olive oil mixture and lay flat on a rimmed baking sheet. Sprinkle with salt and pepper to taste and evenly disperse the feta over the asparagus.
4. Roast asparagus in the preheated oven 10-12 minutes or until it reaches desired tenderness.
5. Cut lemon in half, squeeze over asparagus. Serve and enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com