

Roasted Asparagus

(Makes 4 servings)

Do you have a hard time getting your family to eat vegetables? Roasting asparagus (or any other vegetable) is an easy, tasty way to put a new spin on veggies. Before you know it, your family will be asking you to fill half their plates with vegetables!

Ingredients:

- 1 lb. asparagus
- 1 teaspoon pepper
- ½ teaspoon salt
- ½ tablespoon extra virgin olive oil



Directions:

1. Preheat oven to 420 degrees.
2. Place asparagus in a single layer on a cookie sheet. Season with salt and pepper.
3. Drizzle olive oil over asparagus and toss to coat.
4. Roast for 20 minutes or until asparagus spears are caramelized and slightly crispy.

Nutrition Information: *(per serving)*

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| ▪ Calories: 40 | ▪ Total Carbohydrate: 5g |
| ▪ Total Fat: 2g | ▪ Dietary Fiber: 2g |
| ▪ Saturated Fat: 0g | ▪ Sugars: 2g |
| ▪ Trans Fat: 0g | ▪ Protein: 3g |
| ▪ Cholesterol: 0mg | |
| ▪ Sodium: 290mg | |

Source:

Cleveland Clinic Department of Nutrition