



Roasted Asparagus

INGREDIENTS:

- 1 bunch asparagus
- 2-3 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 425°F.
2. Wash asparagus and cut off 1-inch from the bottom and discard.
3. Spread the asparagus spears in a single layer on a rimmed baking sheet.
4. Pat dry with a paper towel and drizzle with olive oil.
5. Season with salt and pepper.
6. Place in oven and roast for 10 minutes.

Source: *Cooking with Extension* | **Yield:** 4 servings; 97 Calories per serving.
Total fat 9g; Protein 2g; Total carbohydrate 4g; Dietary fiber 2g; Sodium 148mg