

# Lemon Roasted Asparagus

*Roasted asparagus is a quick and easy side dish, you will want to make again and again. Finishing with lemon zest and parmesan gives the tastebuds a bright flavor pop without having to reach for the saltshaker.*

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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## INGREDIENTS

1 lb	Asparagus, ends trimmed
1 Tbsp	Olive Oil
1 clove	Garlic, minced
1 each	Lemon, zested and juiced
1/4 tsp	Kosher salt
To taste	Black Pepper, ground
1/2 oz	Parmesan Cheese, grated

## CHEF NOTES

This recipe can be adapted for a variety of other vegetables such as broccoli or cauliflower, or a combination. In step four, roast for 10-15 minutes or until fork tender, then proceed with the following steps. Seasonings can easily be adjusted to what you have on hand.

Roasted asparagus can be served warm or at room temperature. It makes a great side dish for any protein and is also a tasty

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Preheat oven to 375°F.
3. Line a baking sheet with parchment paper or foil. Place the asparagus on the sheet tray and toss the asparagus with the oil, garlic, lemon juice and zest, black pepper, and salt on the baking sheet to evenly coat.
4. Roast in oven for 5-8 minutes or until slightly tender.
5. Top the asparagus with the parmesan and serve warm.

# Nutrition Facts

4 servings per container

**Serving size** ~2/3 cup cooked (134g)

**Amount Per Serving**

**Calories** **70**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.5mg 15%

Potassium 250mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

Recipe adapted from Health meets Food: Roasted Asparagus (8/16/19)



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