

# 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.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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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
2 Tbsp	Parmesan Cheese, grated (1/2 oz)

## 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 addition to salads.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F.
2. Place the asparagus on an un-lined sheet tray and toss with the oil, garlic, lemon zest and juice, salt, and pepper to evenly coat.
3. Roast in oven until tender and lightly browned, about 5 - 8 minutes. The cooking time will depend on the thickness of your asparagus.
4. Immediately top the hot asparagus with the grated parmesan and allow it to melt before serving.

# 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.

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