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

INGREDIENTS

1 lb  Asparagus, ends trimmed
1 Tbsp  Olive Oil
1 clove  Garlic, minced
1 each  Lemon, zested and juiced
1/4 tsp  Salt, Sea or Kosher
To taste  Black Pepper, ground
1 Tbsp  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

EQUIPMENT NEEDS

Chef Knife  
Cutting Board  
Measuring Spoons  
Parchment Paper or Foil  
Baking Sheet  
Tongs

DIRECTIONS

1. Gather all necessary equipment and ingredients.
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.
Recipe adapted from Health meets Food: Roasted Asparagus (8/16/19)