

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	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.

Nutrition Facts

4 servings per container

Serving Size 4 oz [~ 2/3 cup cooked] (133 g)

Amount per serving

Calories **60**

% Daily Value *

Total Fat 4g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **9%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0.01mcg **0%**

Calcium 50mg **4%**

Iron 2mg **14%**

Potassium 200mg **5%**

*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.

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



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