

OVEN ROASTED ASPARAGUS

My daughter Joanne suggests roasting vegetables, so easy and delicious. This recipe is from allrecipes shared by Francesca.



PREP: 10 minutes

COOK: 15 minutes

SERVINGS: 4

INGREDIENTS:

1 bunch thin asparagus spears, washed and trimmed (Note: to remove woody ends, grab stalks of asparagus at either end and bend till it snaps. It will naturally snap where it starts to get tough.)

3 Tbsp. olive oil

1 ½ Tbsp. grated Parmesan cheese

1 clove garlic, minced

1 tsp. sea salt

½ tsp. ground black pepper

1 Tbsp. lemon juice

DIRECTIONS:

Preheat oven to 425 degrees.

Place the asparagus into a mixing bowl, and drizzle with olive oil. Toss to coat the spears, and then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in preheated oven until just tender, 12-15 minutes depending on thickness. Sprinkle with lemon juice before serving.