

Pan Roasted Asparagus

submitted by tylernoble



Per serving: 54 Calories • 4.6g Carbs (2.4g Fiber) • 3.5g Fat • 2.5g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 lb **Asparagus** (453 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 1 clove **Garlic** (3 grams)
- 1 tsp **Salt** (6 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Trim the bottom inch or two off the asparagus. Finely chop the garlic.
2. Cut spears in half crosswise.
3. Heat olive oil in a large heavy skillet.
4. Add asparagus.
5. Toss well.
6. Sprinkle with salt and garlic.
7. Toss well for one to two minutes.
8. Serve hot or at room temperature.