

Roasted asparagus

submitted by pats_for_patrick



Per serving: 69 Calories • 4.7g Carbs (2.5g Fiber) • 5.2g Fat • 2.6g Protein

Ingredients

Ingredients scaled to: 24 spears

24 spear, large (7-1/4" to 8-1/2") **Asparagus** (480 grams)

1/2 tsp **Salt** (3 grams)

1 1/2 tbsp **Olive oil** (20.3 grams)

Directions

Directions are based on the original recipe of 24 spears

1. Preheat oven to 425F.
2. Cut off the woody bottom part of the asparagus spears and discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
4. Place asparagus on foil-lined baking sheet and drizzle with olive oil.
5. Sprinkle with salt
6. With your hands, roll the asparagus around until they are evenly coated with oil and salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.
10. They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.