

Roasted asparagus

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Prep time: 5 minutes

Cook time: 10-12 minutes

Ingredients:

- 1 bunch asparagus
- 1 Tablespoon olive oil
- Salt and pepper, to taste
- ½ teaspoon garlic powder or 1 garlic clove, minced (optional)



Instructions:

1. Wash hands with soap and warm water. Preheat oven to 425°F. Line a 13 x 18-inch sheet pan with parchment paper.
2. Remove woody ends from asparagus spears. Grab the stalk at either end. Bend until asparagus snaps naturally at the point where it starts to get tough.
3. Arrange the asparagus spears on the sheet pan in a single layer.
4. Drizzle olive oil over the asparagus. Sprinkle with salt and pepper. For additional flavor, add garlic powder or freshly minced garlic.
5. Bake at 425°F for 10-12 minutes until asparagus reaches desired tenderness. Adjust baking time depending on thickness of the spears.

MyPlate Meal Ideas:

#1: Roasted asparagus with grilled steak, potato salad, sliced melon, and milk.

#2: Roasted asparagus with maple mustard salmon, brown rice, and peaches on cottage cheese.

#3: Roasted asparagus with scrambled eggs over sourdough toast with bacon bits and a berry parfait.