

# Roasted Asparagus

**Yield: 4 servings**

## Ingredients

1 pound asparagus; trimmed  
1 garlic clove; minced  
1 lemon; juiced and zested  
½ tablespoon olive oil  
¼ teaspoon black pepper;  
ground  
¼ teaspoon kosher salt  
1 tablespoon parmesan cheese;  
grated (optional)

## Instructions

1. Gather all ingredients, equipment, and preheat oven to 375°F.
2. Toss asparagus with the garlic, lemon juice and zest, olive oil, black pepper, and salt.
3. Place asparagus on a parchment paper lined sheet tray and roast for 10 minutes, or until slightly tender.
4. Top asparagus with Parmesan and bake for an additional 3-5 minutes, or until cheese is melted and has started to brown. (Optional)
5. Serve warm.

## Nutrition Information

**Serving Size: 4 oz**

Calories: 50  
Total Fat: 3 g  
Saturated Fat: 0.5 g  
Monounsaturated Fat: 1.5 g  
Protein: 3 g  
Total Carbohydrate: 5 g  
Sugars, other: 2 g  
Dietary Fiber: 2 g  
Sodium: 75 mg

Source: Goldring Center for Culinary Medicine

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