



Garlic Lemon Roasted Asparagus

Serves: 6-8 Serving Size: ¼ cup

Ingredients:

- ☐ 1 lb fresh asparagus
- ☐ 1 Tbsp olive oil
- ☐ 2 garlic cloves crushed
- ☐ 2 Tbsp fresh lemon juice
- ☐ Ground pepper to taste
- ☐ Kosher salt to taste

1



Steps:

1. Pre-heat oven to 400° F.
2. Rinse asparagus under cold water.
3. Using a vegetable peeler, peel the skin of the bottom half of the asparagus stalks.
4. Then, using a chef knife, cut off about 1 ½ inch of the peeled ends of the asparagus.
5. Lightly drizzle olive oil over asparagus.
6. Season with salt and pepper to taste.
7. Add crushed garlic and lemon juice and mix everything thoroughly with hands.
8. Transfer asparagus to a baking sheet, roast for 10-15 minutes or until just tender.

Nutrition Facts (per serving):

Calories: 42, Protein: 2 g, Fat: 2.8 g, Saturated Fat: 0.4 g Carbohydrates: 3.5 g, Sugars: 1.7 g.

2