

Parmesan Roasted Asparagus

Asparagus is a good source of fiber and Vitamins A, C and folate. It is an excellent source of Vitamin K. Eat your vitamins with this tasty side dish!

Makes: 6 servings
Prep/Cook Time: 15 mins

Recipe Source: foodnetwork.com/recipes/parmesan-roasted-asparagus
Photo Source: foodhero.org

Ingredients

- 2 1/2 pounds fresh asparagus (about 30 large)
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan

Optional Ingredients

- 2 lemons cut in wedges, for serving

Directions

1. Preheat the oven to 400 degrees F.
2. If the stalks of the asparagus are thick, peel the bottom 1/2 of each. Lay them in a single layer on a sheet pan and drizzle with olive oil. Sprinkle with salt and pepper.
3. Roast for 15 to 20 minutes, until tender.
4. Sprinkle with the Parmesan and return to the oven for another minute.
5. Serve with lemon wedges. (optional)

Utensils Needed

- Measuring cups
- Measuring spoons
- Peeler
- Baking sheet
- Tongs or spatula



Small Changes,
BIG Difference!



Nutrition Information

Serving Size:	5 asparagus spears
Nutrients	Amount
Calories:	114
Total Fat:	9.2 g
Saturated Fat:	2 g
Cholesterol:	6 mg
Sodium:	400 mg
Total Carbohydrates:	7.3 g
Dietary Fiber:	24 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	6.7 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.32

Average cost/serving: \$1.72

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Asparagus, 3lbs



Add 1 to Cart
Grated Parmesan Cheese, 8oz

SAVE TIME, SAVE MONEY

- Asparagus typically comes in 1lb bunches and for this recipe you'll need to purchase 3 bunches. Don't worry about what you will do with that leftover 0.5lb of asparagus, cook it up too! The extra asparagus will not change the flavor of the dish, but it might give you leftovers.
- When asparagus is not in season, frozen and canned asparagus are also great options.
 - Be sure to thaw out and pat the asparagus dry first, if using frozen.
 - Look for low sodium or no salt added cans of asparagus to reduce the amount of sodium in the recipe. Can't find them? Rinsing canned produced can also help reduce sodium. Be sure to dry with a paper towel before use.
- While olive oil is a healthy unsaturated fat, it can also be expensive. Save money and use any oil you have at home.
- Add some extra flavor, without extra calories, by added granulated or minced garlic before roasting.

My Cooking Notes