

Roasted Asparagus

Serves 4

Ingredients

1-1/2 lbs. fresh asparagus, trimmed
1 Tbsp olive oil
1/4 tsp salt
1/4 tsp pepper
1 large garlic clove, halved

Directions

Heat the oven to 400 degrees.

Choose asparagus that is uniform in diameter; that way the spears will all be done at the same time. Wash the asparagus well and snap off the white tough ends. Then toss the spears with the olive oil, salt and pepper. You might want to add a little fresh tarragon or thyme which goes well with the flavor of asparagus.

Rub cut sides of garlic over a 13 x 9 inch baking dish or jelly roll pan; place garlic in dish. Spray baking pan with cooking spray. Spread the spears on the baking sheet. Roast in the 400 degree oven until done; shake pan half way through cooking to ensure even cooking. Roast for about 5 to 15 minutes (depending on the thickness of the stalks) until crisp tender or to your preference.

Makes about 4 servings

Per serving: 62 Calories; 4 g Fat; 1 g Saturated Fat; 4 g Protein; 8 g Carbohydrate;
150 mg Sodium

The asparagus can be served plain or dressed with one of the following dressings:

Lemon Vinaigrette: Whisk together 1-1/2 tablespoons freshly squeezed lemon juice, 1/2 teaspoon Dijon mustard, 1/4 teaspoon Tabasco sauce, and 2 teaspoons extra-virgin olive oil. Drizzle on cooked asparagus.

Balsamic Vinaigrette: Whisk together 1-1/2 tablespoons balsamic vinegar, 2 tablespoons freshly squeezed lemon juice, 1 tablespoon lower-sodium soy sauce, 1/8 teaspoon black pepper, and 1 tablespoon extra virgin olive oil. Drizzle on cooked asparagus.

Sesame Asian Dressing: Toast 1 tablespoon sesame seeds in a skillet until pale golden, about 3 minutes; set aside. Whisk together 1 tablespoon olive oil, 1 teaspoon Asian sesame oil, 1 tablespoon white wine vinegar, 1 teaspoon Dijon mustard, a pinch of salt and pepper. Gently toss asparagus with dressing and sprinkle with sesame seeds.