

Roasted Asparagus

Ingredients

- 1 bunch of asparagus
- 2 tsp vegetable oil
- 2 tsp garlic, minced
- 1/2 tsp kosher salt
- 2 tsp rosemary

Directions

1. Lay out asparagus in a single layer on a tray lined with parchment paper.
2. In a small bowl, combine oil, garlic, salt, and rosemary. Stir until fully combined and drizzle mixture on top of asparagus.
3. Roast in a 350° F oven for 15 minutes or until tender. Serve immediately.

Notes

Number of Portions: 4

Serving Size: 1/4 bunch

Nutrition Facts: 63 calories, 2.67 g fat, 0.45 g saturated fat, 213 mg sodium, 8.22 g carbohydrate, 3.87 g fiber, 2.3 g sugar, 4.43 g protein

