

SIMPLE ROASTED ASPARAGUS

This could be used as a side dish for dinner, or stirred into risotto. Serve warm or at room temperature. Feel free to play around with the seasonings, and adjust accordingly.

 5 minutes 20 minutes 12 portions

INGREDIENTS

- 1 bunch asparagus, tough ends removed, sliced diagonally 1/4 inch thick
- 1 tablespoon olive oil
- 1 tablespoon orange zest
- 1/2 teaspoon Kosher salt

COOKING METHOD

- 1° Preheat the oven to 450 degrees.
- 2° Toss the asparagus coins with the oil, salt, and orange zest, and spread out on the pan.
- 3° Roast the asparagus for 10-15 minutes, or until browned and softened. Serve warm or at room temperature.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [26 g]	% DRI
ENERGY	59 kcal	16 kcal	1 %
FAT	4 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	370 mg	97 mg	4 %
CARBOHYDRATE	4 g	1 g	0 %
SUGARS	2 g	1 g	—
FIBER	2 g	0 g	2 %
PROTEIN	2 g	1 g	—