This quick and easy recipe for oven-roasted asparagus is the perfect spring side dish. This basic recipe can be seasoned many different ways—add lemon juice, garlic, or shaved Parmesan for variations. Roasted Asparagus is a super easy side dish that goes well with almost anything, like chicken, steak, salmon, baked ham, and pork. It’s great for a quick weeknight dinner or any holiday side dish. I live in a very divided house when it comes to asparagus. Half of us love it, and the other half… not so much! But I still make this roasted asparagus and toss the leftovers in my salads, with eggs, or just heat it up for lunch. Roasting asparagus is a delicious and simple way to prepare this nutritious vegetable. Here’s a basic recipe to get you started: To make this basic recipe you will need a bunch of asparagus, olive oil or olive oil spray, kosher salt and fresh black pepper. (See full recipe below in the recipe card.) Roasted asparagus is versatile and pairs well with a variety of dishes, making it a perfect side for weeknight dinners or special occasions. This simple method will give you tender-crisp asparagus: This roast asparagus recipe is versatile and would be great with any protein and starchy side dish. Below is a list of ideas. Store asparagus in the refrigerator for up to 4 days. You can reheat in the microwave 1 to 2 minutes. I find roasting asparagus in a 400F oven for 10 to 15 minutes, depending on the thickness, will give you perfect asparagus every time. To roast asparagus at 350F, it will take 12 to 18 minutes, depending on the thickness. There’s nothing wrong with cutting off the woody ends, but you can also easily snap them off instead. Asparagus is indeed a superfood, making it a must-have in any diet aiming for nutritional completeness and disease prevention. This vegetable is not just delicious but also offers significant health benefits in every serving. It’s packed with fiber for digestive health, folate for DNA synthesis, and vitamins A, C, and E for immune support, skin health, and vision. It’s rich in antioxidants and the amino acid asparagine, promoting a healthy heart and reducing disease risk. Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!