quick easy recipe oven-roasted asparagus perfect spring side dish basic recipe seasoned many different ways—add lemon juice garlic shaved Parmesan variations Roasted Asparagus super easy side dish goes well almost anything like chicken steak salmon baked ham pork ’ great quick weeknight dinner holiday side dish live divided house comes asparagus Half us love half… much still make roasted asparagus toss leftovers salads eggs heat lunch Roasting asparagus delicious simple way prepare nutritious vegetable ’ basic recipe get started make basic recipe need bunch asparagus olive oil olive oil spray kosher salt fresh black pepper See full recipe recipe card Roasted asparagus versatile pairs well variety dishes making perfect side weeknight dinners special occasions simple method give tender-crisp asparagus roast asparagus recipe versatile would great protein starchy side dish list ideas Store asparagus refrigerator 4 days reheat microwave 1 2 minutes find roasting asparagus 400F oven 10 15 minutes depending thickness give perfect asparagus every time roast asparagus 350F take 12 18 minutes depending thickness ’ nothing wrong cutting woody ends also easily snap instead Asparagus indeed superfood making must-have diet aiming nutritional completeness disease prevention vegetable delicious also offers significant health benefits every serving ’ packed fiber digestive health folate DNA synthesis vitamins C E immune support skin health vision ’ rich antioxidants amino acid asparagine promoting healthy heart reducing disease risk Post pic mention skinnytaste tag skinnytaste Subscribe weekly email newsletter FREE 'll get latest meal ideas new recipes every week Please check following indicate would like receive emails Skinnytaste use Mailchimp marketing platform clicking subscribe acknowledge information transferred Mailchimp processing Learn Mailchimp 's privacy practices unsubscribe time clicking link footer emails Stay date wherever