



## CHEESY GARLIC ROASTED ASPARAGUS (ES)

Serving: 1

Veg

### *Ingredients*

- 100 g asparagus spears, woody ends removed
- 1 tablespoons olive oil
- 1 tablespoon minced garlic (or 4 cloves garlic, minced)
- 3/4 teaspoon Kosher salt
- 1/4 teaspoon fresh cracked black pepper
- 1 cube cheese

### *Preparation Method*

- Preheat oven to 425°F (220°C). Lightly grease a baking sheet with nonstick cooking oil spray.
- Arrange asparagus on baking sheet. Set aside. In a small bowl mix together olive oil, garlic, salt and pepper. Drizzle the oil mixture over the asparagus and toss to evenly coat.
- Bake for 10-15 minutes until vibrant and just beginning to get tender.
- Remove from oven and top with the cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes)
- Adjust salt and pepper, if needed. Serve immediately.