

YIELD: 8 BUNDLES OF ASPARAGUS

Bacon Wrapped Asparagus

Bacon wrapped asparagus are great for a Whole30 dinner side dish, snack, or party appetizer!

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	15 minutes	30 minutes

Ingredients

- 1 pound of fresh asparagus spears (~32 stalks)
- 4 slices of bacon
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

Instructions

1. Preheat the oven to 400 degrees F, and line a baking sheet with parchment paper.
2. Separate the asparagus stalks into 4 per bundle, and place them on the baking sheet. You should get 8 bundles or so.
3. Cut each slice of bacon in half. You should have 8 pieces of bacon now.
4. Wrap each piece of bacon around each bundle of asparagus.
5. Whisk together all remaining ingredients in a measuring cup with a pour spout. Drizzle the vinaigrette over the bundles evenly.
6. Bake for 15 minutes, no need to flip half-way through.
7. To reheat leftover bundles, place them back in the oven at 350 until sizzling.

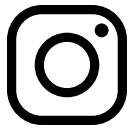
Notes

Please note that if you're following the Whole30 diet, you need to ensure that your bacon is sugar-free and lacks any weird chemicals not allowed on the diet.



Nutrition Information: YIELD: 4 SERVING SIZE: 2

Amount Per Serving: CALORIES: 147 TOTAL FAT: 11g SATURATED FAT: 2g
TRANS FAT: 0g UNSATURATED FAT: 8g CHOLESTEROL: 11mg SODIUM: 476mg
CARBOHYDRATES: 7g FIBER: 2g SUGAR: 3g PROTEIN: 7g

**Did you make this recipe?**

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CUISINE: American / **CATEGORY:** Whole30

<https://www.dessertfortwo.com/bacon-wrapped-asparagus/>

