

Garlic-Roasted Asparagus & Mushrooms

Prep time	Cook time	Total time
15 mins	10 mins	25 mins

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Recipe type: Side Dishes

Serves: 5

Ingredients

- One bunch fresh asparagus – look for firm fresh stalks that are not very stringy/woody on the ends
- 5 to 8 white mushrooms, sliced into 4 thick slices each
- 2 cloves garlic, roughly minced
- Short sprig of fresh rosemary – yield about 2 tbsp minced fresh leaves (discard stem)
- ½ tsp sea salt
- ½ tsp ground white pepper
- 1~2 tbsp olive oil (depending on size of the asparagus bunch and number of mushrooms)



Instructions

1. Snap the woody bottom ends of the asparagus off by holding each stalk about half-way down in one hand and at the very bottom end with the other thumb and forefinger. Bend until the asparagus breaks off somewhere in the bottom third of the stalk – discarding the bottom end. Cut the mushrooms into four thick slices each.
2. Add the mushrooms and asparagus to a bowl large enough to hold everything with room for tossing later.
3. Mince up the garlic and the rosemary leaves and add to the bowl.
4. Sprinkle the salt and pepper over everything, and then add in the olive oil.
5. Shake/toss well to coat everything with the herbs, garlic, and oil. At this point, you can set it aside while you prepare the remainder of the meal, because you won't have to cook this very long and want to do so just before serving.
6. About 15 minutes (depending on how fast your oven heats) before the rest of the meal will be ready, preheat the oven to 450-degrees. Spread the asparagus and mushrooms in a single layer on a baking pan, making sure to scrape all of the little pieces of garlic out and scattering them around the pan as well.
7. When the oven is heated, put the pan in on the middle rack and roast about 5 minutes to a maximum of 10 minutes. The mushrooms and garlic will soften and brown a little, while the asparagus will still be pretty firm if poked with a fork. If anything, you want to undercook things just a little, as they will continue to cook on the pan once you remove them from the oven...so go for a little bit on the crisp side when you remove them.
8. If you timed things right, these will be coming out of the oven right when everything else for dinner is ready as well, and you can serve them right away while they are hot and fresh, along side your meat of choice and maybe a nice salad. Make sure to get some of the minced garlic too, and Enjoy!

Recipe by Purely Primal at <http://purelyprimal.com/2010/11/03/garlic-roasted-asparagus-mushrooms/>