

Roasted Asparagus with Parmesan



Asparagus is a yummy vegetable you can use for a side dish or appetizer.

Prep: 5 mins

Cook: 15 mins

Total: 20 mins

Servings: 4

Yield: 4 servings



Ingredients

olive oil cooking spray

1 pound fresh asparagus, tough ends trimmed

¼ cup shredded Parmesan cheese

1 teaspoon sea salt

¼ teaspoon garlic powder, or to taste

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

Spray the inside of a 9x13 casserole dish with olive oil cooking spray. Place asparagus in the dish and lightly spray spears with cooking spray.

Step 3

Sprinkle asparagus with Parmesan cheese, sea salt, and garlic powder.

Step 4

Roast in preheated oven until fork easily punctures thickest part of stem, about 12 minutes.

Tips

Cook's note:

Tips

The best way to keep fresh asparagus for a long while in the refrigerator is to slice off the stems and then stand them in a bowl with a couple of inches of water in the bottom. It keeps for a very long time this way. Add water as necessary.

Nutrition Facts

Per Serving: 46 calories; protein 4.4g; carbohydrates 4.7g; fat 1.7g; cholesterol 4.4mg; sodium 660.1mg.