



*Culinary
Creations
by Willy Wee
Water*

Roasted Asparagus with Lemon Parmesan

Ingredients:

1lb asparagus spears, rough ends scrapped off
1 tsp extra virgin olive oil
¼ tsp of salt
1 tsp of lemon juice 1 tsp of grated Parmesan
cheese
¼ tsp of freshly ground pepper

Directions:



Place a rack in the lower of the oven and preheat to 500 degrees F. Toss the asparagus with the olive oil on a baking sheet. Sprinkle with the salt. Roast the asparagus, shaking the pan halfway through the cooking time turn, until tender and lightly browned, about 5 minutes for thin spears about 18 for thick spears. Remove from the oven and transfer to a serving platter. Sprinkle with the lemon juice, Parmesan, and pepper and toss to combine. Serve hot or at room temperature.

Makes 4 Servings

Nutrients Per Serving:

3 Calories
3g Protein
155 mg Sodium
1 mg Cholesterol
5g Carbohydrates
2g Fiber
3g Sugars
1g Total Fat
1g Saturated Fat
1g Monounsaturated Fat
1g Polyunsaturated Fat

