



Roasted Asparagus Wrapped in Prosciutto

Info:

Makes 4 Servings 85 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Asparagus, trimmed at bottom (about 20 stalks)
- ❖ 10 Paper-thin Prosciutto Slices
- ❖ Salt
- ❖ Pepper
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 400°
2. Lay asparagus out on baking sheet and spray once over with cooking spray
3. Lightly shake salt and pepper, to taste, over the asparagus
4. With kitchen shears cut the Prosciutto slices in half lengthwise
5. Candy-cane wrap the Prosciutto around the asparagus keeping the tips exposed
6. Roast 15 minutes in oven
7. Serve hot or room temperature