



Roasted Asparagus

Info:

Makes 4 Servings 25 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Asparagus, trimmed at bottom (about 20 stalks)
- ❖ 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. Flip the asparagus over and repeat
5. Roast 15 minutes in oven
6. Serve hot or room temperature