

Asparagus



Nutrition: Asparagus is loaded with nutrients, fights cancer and keeps your brain in tip-top shape. Also, it is a great source of fiber which helps in weight loss.

Storage: Refrigerate, unwashed in a plastic bag.

In Season: May-June



Oven-Roasted Asparagus

Makes 4 servings

Ingredients:

1. 1 bunch asparagus spears, with thick bottoms trimmed.
2. 3 tablespoons oil (olive, vegetable or canola) or butter.
3. As available: add salt and pepper to taste, parmesan cheese, 1 clove garlic or (1/8 teaspoon garlic powder) or 1 tablespoon lemon juice.

Directions:

1. Preheat oven to 425 degrees F.
2. Toss asparagus in bowl with oil or butter and seasonings.
3. Bake in oven until tender (12-15 minutes).
4. Sprinkle cheese and lemon juice on hand. Enjoy!