



Roasted Asparagus with Garlic

From the New American Plate Cookbook

1 pound fresh asparagus, trimmed
2 teaspoons olive oil
2 garlic cloves, minced
Salt and freshly ground black pepper
Lemon wedges, for garnish

Preheat oven to 500 degrees.

In a shallow roasting pan, toss the asparagus with olive oil to coat. Sprinkle the asparagus with garlic and season with salt and pepper. Roast, uncovered, for 6-8 minutes (depending on the thickness of the spears), until crisp but tender, shaking the pan occasionally. Serve immediately with lemon wedges.

Makes 4 servings

Per Serving:

48 Calories

2g Total Fat (less than 1g Saturated Fat)

6g Carbohydrates

3g Protein

2g Dietary Fiber

3mg Sodium