



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Lemon Lovers' Asparagus

Ingredients:

- 2 bunches asparagus, tough ends trimmed
- 2 lemons, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons chopped fresh oregano, or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Directions:

1. Preheat oven to 450 degrees F.
2. Toss asparagus, lemon slices, oil, oregano, salt and pepper on a large rimmed baking sheet.
3. Roast, shaking the pan occasionally to toss, until the asparagus is tender-crisp, 13 to 15 minutes.

Serves 4

Nutrition: 91 calories, 7 g fat, 1 g saturated fat, 9 g carbohydrate, 4 g fiber, 2 g protein, 302 mg sodium

Source: Million Hearts



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