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