



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Spring Asparagus

Ingredients:

- 1 pound thin asparagus spears
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt
- ¼ to 1 teaspoon freshly ground pepper, or to taste
- 2 teaspoons truffle oil (optional)

Directions:

1. Preheat oven to 425°F.
2. Clean and trim asparagus. Peel the ends if the spears are thick.
3. Drizzle a roasting pan with the olive oil and lay the asparagus evenly in the pan. Turn to coat with the oil. Season with salt and pepper.
4. Roast the asparagus for approximately 20 minutes, or until the stalks are tender yet crisp. Remove from the pan and transfer to a serving dish.
5. Drizzle with the truffle oil, if using. Serve warm or at room temperature.

Serves 8

30 calories, 2 g fat, 0 g saturated fat, 3 g carbohydrate, 1 g fiber, 1 g protein, 150 mg sodium

Source: Academy of Nutrition and Dietetics

healthy.iu.edu
healthyu@indiana.edu

