



Recipe for-

Family Friendly Recipe: Roasted Asparagus

Ingredients:

1 or 2 bundles of fresh asparagus
1-2 Tablespoons olive oil
Sprinkle of salt & pepper

Preparation steps:

Rinse asparagus under cool running water. Break each stem at the point where it breaks easily. Discard the stem end or freeze to save it for vegetable stock.

Rinse the asparagus again under cool running water or allow it to soak in water for 10 minutes. Pat asparagus dry with a paper towel.

Arrange asparagus in a single layer on a baking sheet. Drizzle with olive oil, then sprinkle lightly with salt and pepper. Toss gently to coat well.

Place the baking sheet in the oven set on 'Broil'. Broil for 5-8 minutes or until the asparagus is lightly browned.

Serve as a side dish or atop your favorite mixed green salad!