



CHEESY GARLIC ROASTED ASPARAGUS

Yield: 4 Servings

Ingredients

- 1/3 cup
- 1/4 teaspoon
- 3 teaspoons
- 1/2 teaspoon
- 1/8 teaspoon
- 1/8 teaspoon
- Asparagus, trimmed
- Garlic Cloves, minced
- Parmesan Cheese, shredded
- Canola Oil
- Salt
- Black Pepper

Procedures

1. Preheat oven to 350°F.
2. Toss asparagus with oil, garlic, salt and pepper.
3. Spread in a single layer onto a sheet tray. Roast for 5-10 minutes or until tender.
4. Remove from the oven and sprinkle with shredded parmesan cheese.

Nutrition Facts

Serving size	2 oz. (52 g)
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 4.0g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 5mg	0%
Sodium 334mg	15%
Total Carbohydrate 2g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 93mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

