

Roasted Asparagus

Eating is a full sensory experience. With this side dish, the colors are bright and vibrant. The combination of asparagus, tomatoes, garlic, olive oil and parmesan cheese will delight your palate.

Prep time: 20 minutes. Cook time: 15 minutes. Total time: 35 Minutes

Ingredients:

(adjust to the desired number of servings)

- 1 bunch of asparagus
- 1-2 diced tomatoes or 1 cup of cherry tomatoes halved
- Olive oil
- Fresh or jar garlic chopped
- 4oz of freshly grated or shaved parmesan cheese
- Salt
- Pepper
- Balsamic vinegar glaze (optional)



Directions:

1. Rinse asparagus and pat dry.
2. Lay asparagus in rectangle baking dish.
3. Drizzle with olive oil. Add salt and pepper to taste. Toss to coat.
4. Place parmesan cheese over the asparagus in a line down the middle.
5. In a separate bowl, combine tomatoes with fresh garlic (1-2 tsp), olive oil (1 tsp). Stir to coat.
6. Add to asparagus and parmesan cheese down the middle of the dish.
7. Bake 375 degrees for 15 minutes or until the asparagus is cooked.
8. Optional: drizzle with a little balsamic glaze before serving.

Optional additions:

You may want to sprinkle with lemon juice or add 3 ounces of pine nuts during the cooking process.

NUTRITION PER SERVING: 1 serving: 95 calories, 8g fat (2g saturated fat), 3mg cholesterol, 294mg sodium, 4g carbohydrate (2g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1-1/2 fat, 1 vegetable.

Recipe modified from <https://www.tasteofhome.com/recipes/tuscan-style-roasted-asparagus/#RecipeCard>