

# Roasted Spring Asparagus

*Serving size: 6 spears | Servings: 8*

## 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.



*Recipe courtesy of the Academy  
of Nutrition and Dietetics*

## Nutrition Information

Calories: 30; Total Fat: 2g; Saturated Fat: 0g; Cholesterol: 0mg;  
Sodium: 150mg; Total Carbohydrate: 3g; Dietary Fiber: 1g;  
Protein: 1g