

# ROASTED ASPARAGUS

## INGREDIENTS

1 lb/454 g asparagus, firm and bright green  
2 Tbsp/ 30 ml extra virgin olive oil  
1 tsp/ 15 ml balsamic vinegar  
1 clove garlic  
Sea salt and ground black pepper to taste  
Cooking spray

## PREPARATION

1. Preheat oven to 425 F/ 218 C. Break off woody stems off each asparagus spear. Rinse well under running water. Asparagus grows in sand and needs a good washing if you don't want your final dish to be gritty.
2. Toss spears in olive oil, vinegar and garlic. Season with salt and pepper. Lay in a single layer in a shallow baking dish coated with cooking spray. Bake 6-10 minutes until just done.

Superb!

*NUTRITIONAL VALUE PER SERVING 4 servings*

*Calories: 88/Calories from fat: 65/Protein: 2g/Carbs: 5g/Dietary Fiber: 2g/Sugars: 1g/Fat: 7g/Sodium: 17mg*