



Oven-Roasted Asparagus

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 3 tbsp. olive oil
- 2 tbsp. grated Parmesan cheese)
- 1 clove garlic, minced (optional)
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tbsp. lemon juice (optional)

Procedure:

1. Preheat oven to 425°F.
2. Place thoroughly washed asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears.
3. Sprinkle with Parmesan cheese, garlic, salt, and pepper.
4. Arrange the asparagus onto a baking sheet in a single layer.
5. Bake in the preheated oven until just tender, 10 to 12 minutes depending on the thickness of the asparagus.
6. Sprinkle with lemon juice just before serving.