



Asparagus with Lemon and Parmesan

4 Servings • 1 Serving = 5-6 Spears

INGREDIENTS

- 1 pound asparagus spears
- 1 Tablespoon extra virgin olive oil
- Freshly ground black pepper, to taste
- Juice of ½ lemon
- 2 Tablespoons parmesan cheese, grated

DIRECTIONS

1. Preheat oven to 425°F.
2. Wash asparagus, dry well, and trim the tough ends off (about an inch). Toss the asparagus with olive oil and black pepper.
3. Lay the asparagus in one even layer on a baking sheet.
4. Roast for 10-15 minutes.
5. Remove from the oven, squeeze lemon juice, and sprinkle with parmesan cheese.

Nutrition Facts

4 servings per container

Serving size 5-6 spears

Amount per serving

Calories 70

% Daily Value*

Total Fat 4g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 0mg 0%

Potassium 296mg 6%

*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

chefs.org

@CHEFSanAntonio



© Culinary Health Education for Families