

EASY | RECIPE

Roasted Asparagus

Quick roasting brings out the best in this popular vegetable. Choose asparagus with tightly closed tips and no flowering.

1 bunch **asparagus** (about 1 lb)
2 tbsp **red wine vinegar**
2 tbsp **orange juice**
1 tbsp **peanut oil**
1 tsp **Dijon mustard**
Pinch of **garlic powder**
Freshly ground **black pepper**

Snap off tough ends of asparagus. Mix remaining ingredients and combine with asparagus in a large plastic bag; seal and marinate for 30 minutes. Roast in preheated 410 ° F oven for 10 minutes or until fork tender, depending on thickness of spears.



MAKES 4 SERVINGS. Per Serving:

51 calories | 1.9g protein | 3.5g total fat | .4g sat fat | .8g mono fat | 2.2g poly fat
| 0.0mg cholesterol | 4.3g carbs | 1.6g sugar | 1.8g fiber | 32mg sodium