



## Roasted Asparagus (GERD)

This can be served as an accompaniment for many lunch and dinner dishes. This may also be served warm or cool depending on preference.

<u>U.S.</u>		<u>Metric</u>
1 lb	Asparagus, ends trimmed	450 g
1 tsp	Garlic Powder	4 g
2 tsp	Olive Oil	10 mL
1/8 tsp	Black Pepper, ground	0.3 g
1/4 tsp	Salt	1.5 g
1 Tbsp	Parmesan, grated	6.3 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Toss asparagus with the garlic, black pepper, and salt.
4. Place asparagus on a parchment paper lined sheet tray and roast for 10 minutes, or until slightly tender.
5. Top asparagus with parmesan and bake for an additional 3-5 minutes, or until cheese is melted and has started to brown.
6. Serve warm.

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## Nutrition Facts

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4 Servings

**Serving size**                    **4 ounces (about 6 spears)**

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**Amount per serving**

**Calories**                            **50**

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<b>Total Fat</b>	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	150 mg
<b>Total Carbohydrate</b>	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes 0g Added Sugars	
<b>Protein</b>	3 g
Vitamin D	0 %
Calcium	3 %
Iron	14 %
Potassium	200 mg
Phosphorus	70 mg

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