



# Roasted Asparagus

Makes 4 servings

## Ingredients

1 bunch fresh asparagus  
Olive oil spray

Salt, to taste  
Black pepper

## Instructions

1. Preheat oven to 400 degrees.
2. Wash and trim hard ends off asparagus. Place in a single layer in roasting pan.
3. Spray all over with olive oil and season with salt and pepper.
4. Roast in oven approximately 10 minutes, or until tender-crisp.

Serving size: 1/4<sup>th</sup> of recipe; calories per serving: 26; fat: 0.0g; saturated fat: 0.0g; cholesterol: 0mg; sodium: 2mg; carbohydrates: 5.0g; fiber: 2.5g; protein: 2.5g; sugars: 2.0g

Source: [www.skinnytaste.com](http://www.skinnytaste.com)

