

Roasted Asparagus



PREP TIME:
5 MINUTES

COOK TIME:
12 MINUTES

TOTAL TIME:
17 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

Ingredients:

- 1 Bunch Organic Asparagus – ends trimmed
- 2-3 Garlic Cloves - Minced
- 2 TBSP Extra Virgin Olive Oil
- ½ Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 1 TBSP Fresh Squeezed Lemon Juice
- ¼ Cup Slivered Almonds

Instructions:

1. Preheat oven to 425 degrees.
2. In a large bowl, add rinsed asparagus (can cut in half to make stalks smaller)
3. Add minced garlic, olive oil, salt, and pepper. Stir until completely coated.
4. Pour onto a cookie sheet – dispersing evenly.
5. Roast at 425 for approximately 10-12 minutes. Watch closely so does not overcook. Still want asparagus to have bit of crunch.
6. Remove from oven and transfer to serving dish. Evenly pour lemon juice over asparagus and sprinkle with almonds.

***Try and use all organic ingredients if possible.**