

Roasted Asparagus



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Ingredients

- 1 lb. fresh asparagus
- 2 Tbsp. vegetable oil
- 2 Tbsp. lemon juice
- 2 tsp. garlic powder
- 1 pinch black pepper

Instructions

1. Preheat the oven to 400 °F.
2. Wash hands with warm water and soap.
3. Wash asparagus and trim off hard ends.
4. Lay asparagus in a shallow, flat pan (9x13)
5. Drizzle asparagus with vegetable or olive oil.
6. Sprinkle with lemon juice, garlic powder, and a pinch of black pepper.
7. Bake at 400 °F for 12-15 minutes.

Tips

- Rotate asparagus halfway through cooking for even heating.

Fun Facts

- Asparagus is a member of the Lily family.
- It takes three years from seed to harvest.
- After harvesting is done the spears grow into ferns, which produce red berries and the food and nutrients necessary for a healthy and productive crop the next season.
- Asparagus is high in folate, and a good source of vitamin C, vitamin A and vitamin K.
- Asparagus can change the smell of your urine. This is because when asparagus is digestion, the acid found in asparagus breaks down into sulfur-containing byproducts, giving your urine an unpleasant smell. However, this only happens to about 20% to 50% of the population.

Nutrition Facts

Servings per Recipe:
6 servings

Amount Per Serving

Calories 60

Fat 5g

Sodium 0mg

Total

Carbohydrates 4g

Fiber 2g

Protein 2g