



Roasted Asparagus

Serves 4

1 bunch fresh asparagus

2 Tbsp. olive oil

3 Tbsp. honey

¼ tsp. salt

Preheat oven to 375°. Wash asparagus and trim stems off. Coat bottom of 9x13-inch baking dish with olive oil. Spread asparagus spears evenly in prepared baking dish. Drizzle honey over asparagus and sprinkle with salt. Roast for approximately 25-30 minutes or until asparagus is tender. Remove from heat and let cool for 2-5 minutes.

Per serving: 140 calories, 7 g fat, 4g protein, 19 g carbohydrates, 3 g fiber, 150 mg sodium