

Roasted Asparagus

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- 2 bunches medium asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt (table salt can be substituted)
- Pinch freshly ground black pepper



1. Preheat oven to 450
2. Wash asparagus in cold water. Hold the asparagus near the end and bend. It will break easily. Discard ends.
3. On baking sheet, add asparagus, olive oil, salt and pepper. Toss to coat and lay asparagus in a single layer.
4. Roast asparagus 8-10 minutes, shaking pan halfway through cooking time. Asparagus will be a bright green with brown flecks when done.
5. Serve warm or at room temperature.

Options: Top with Parmesan or other grated cheese. Or sprinkle with vinegar (wine or balsamic vinegar are good), or fresh squeezed lemon juice.

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Fun Facts:

- Asparagus can grow as quickly as 10 inches in one day!
- Asparagus plants will generally produce for about 15 years without being replanted.
- Michigan ranks third in the nation for asparagus production, behind California and Washington.
- Asparagus is part of the lily family.

Nutritional Information:

- A good source of potassium, fiber, Vitamins A, B-6, and C, and thiamin.
- Asparagus has more folic acid than any other vegetable!
- Asparagus contains glutathione, an antioxidant that's key to preventing diabetes.

Storage Information:

- Select spears that look moist, firm, and fresh, with compact tips. Ones with larger diameters are more tender.
- Wash thoroughly, pat dry, and refrigerate as soon as possible after purchasing.
- Bundle spears and stand upright in a container of water to maintain freshness.
- Freezing: Cook spears for one minute in boiling water. Rinse in ice water, then drain and pack in airtight containers, leaving no head space.

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