



Roasted Asparagus

Ingredients

1 bunch fresh asparagus
Olive oil spray, olive oil or other spray oil
salt
black pepper

Equipment:

Knife
Cutting board
Roasting pan
Measuring spoons

Directions

1. Preheat oven to 400°F.
2. Wash and trim hard ends off asparagus by holding the end of the asparagus “spear” and bend the end until you find its natural breaking point. The hard part can be composted or used for making home made vegetable stock!
3. Place in a single layer on roasting pan.
4. Spray with olive oil and season with salt and pepper.
5. Roast in oven approximately 10-12 minutes, or until tender and crispy at the tip.