

Recipe – Roasted Asparagus

Ingredients:

- two bunches of asparagus
- olive oil
- sea salt
- optional: Italian seasonings

Directions:

Preheat the oven to 425

Clean and dry the asparagus

Spread in a roasting pan and drizzle on just enough olive oil to coat when tossed

Sprinkle on a little salt and optional basil, rosemary, oregano or herb of choice

Roast at 425 for about 20 minutes, tossing once

The asparagus will still be bright green and crunchy