



Roast Asparagus

2 servings

1 lb fresh asparagus thin ones are best (if thick peel them)

2 Tb Extra Virgin Olive oil

Celtic salt

Fresh pepper

- Preheat oven to 400 degrees
- Cut off the tough ends of the asparagus.
- On a baking sheet, mix asparagus with olive oil so they are completely coated
- Spread them out in a single layer.
- Sprinkle with salt and pepper.
- Roast for 20-30 minutes until tender. The time will depend on the size

You can also grill them instead of roasting. Be careful not to burn them

