

# Oven-Roasted Asparagus with Nuts

## Ingredients:

- 2 pounds fresh asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon salt Kosher
- 1/2 teaspoon black pepper ground
- 3 tablespoons butter, unsalted
- 1/2 cup chopped pecans

## Directions:

1. Preheat oven to 400°F. Prepare asparagus by washing it and snapping off the tough ends of the stems.
2. Place asparagus in a large bowl or plastic bag. Pour in oil and season with salt and pepper. Mix until asparagus is well coated. Spread asparagus, in a single layer, onto a large, rimmed sheet pan.
3. Roast asparagus for 10 - 15 minutes, or until spears are just tender and beginning to brown.
4. While asparagus is roasting, make browned butter pecans. In a medium saucepan set over low heat, melt butter and stir in pecans. Cook, stirring occasionally, until butter browns and pecans are toasted, approximately 5 to 10 minutes. During the process, the butter will foam and then the foam will subside. Watch closely so that the butter turns brown but doesn't burn.
5. Transfer asparagus to a serving platter, pour browned butter pecans over the top, and serve hot.

Nutrition Facts	
Serving Size 1 cup (129g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 15%	Vitamin C 20%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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