

Roasted Asparagus with Garlic and Lemon

Ingredients:

- 1 lb asparagus
- 2 tablespoons olive oil
- 2 cloves garlic
- 1 - 2 teaspoons lemon juice
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Wash and trim asparagus. Cut into approximately 1-inch pieces.
3. Finely chop garlic.
4. Mix olive oil, garlic, salt, and pepper in a large bowl. Add asparagus and toss to coat.
5. Pour asparagus and oil onto a baking or roasting pan, and roast for 10 - 15 minutes. Asparagus should be hot and bright green, but still crisp.
6. Remove asparagus from oven and return to bowl. Sprinkle lemon juice on top and mix gently to coat.

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size (126g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 3g | |
| Vitamin A 15% | Vitamin C 15% |
| Calcium 4% | Iron 15% |
| *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 | |

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