



roasted asparagus

SERVINGS

4-6

TIME

30 minutes

INGREDIENTS

- 1 large bunch of asparagus
- 2 tablespoons olive oil + extra to grease pan
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated parmesan (optional)
- juice and zest of 1/2 lemon (optional)

EQUIPMENT

- ½ sheet pan or 2 smaller rimmed baking sheets
- Measuring spoons
- Liquid measuring cup
- Zester (optional)

DIRECTIONS

- Preheat oven to 425°F
- Grease a ½ sheet pan or 2 smaller baking sheets
- Snap ends off the asparagus by bending the spears right at the base
- Lay asparagus on the pan, trying not to let pieces touch.
- Drizzle with the olive oil and sprinkle with the salt and pepper. Roll asparagus back and forth to coat with oil, salt, and pepper.
- Roast for 15 minutes until asparagus is starting to brown.
- Remove from heat and sprinkle with a bit of grated parmesan cheese, lemon zest, and lemon juice if desired.

TIPS TO INVOLVE THE KIDS

- Wash Hands!
- Designate an area to get a bit messy!
- If appropriate, let kids snap ends off the asparagus.
- Have kids grease the pan, lay asparagus on the pan, season with oil, salt, and pepper, and roll to coat.

EXTRA!

- Asparagus is at it's best in May. Seek out a local grower!
- A great side dish for any meal!

