

Roasted Asparagus with Garlic

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7181&news_iv_ctrl=1128

Ingredients

- 1 lb. fresh asparagus (medium width)
- 2 tsp. olive oil
- 2 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- Lemon wedges, as garnish

Instructions

1. Preheat oven to 500 degrees. Rinse asparagus and break off tough ends.
2. In shallow roasting pan, place asparagus and coat with oil. Sprinkle with garlic and salt and pepper, to taste.
3. Roast uncovered for 6-8 minutes (depending on width of spears), shaking pan occasionally. Serve with lemon wedges.

Makes 4 servings

Nutrition information per serving

Calories: 47
Total fat: 3 g
Saturated fat: <1 g
Carbohydrates: 5 g
Protein: 4 g
Dietary fiber: 1 g
Sodium: 3 mg