

Roasted Asparagus (Makes 4 servings)

- 1 pound asparagus (can also use bell peppers, onions, zucchini, eggplant, cauliflower or broccoli)
- 2 Tablespoons olive or grape seed oil
- 2 cloves of garlic, crushed
- 1 Tablespoon Italian herb seasoning

Preheat oven to 450°. Break off the woody ends of the asparagus. Place asparagus in a single layer on a cookie sheet. Drizzle the oil over the asparagus. Sprinkle on seasoning; toss the asparagus to evenly coat with oil and seasonings. Bake about 20 minutes. If desired, sprinkle a pinch of coarse salt on the asparagus right before serving.

Nutrition Information

Per serving (1/4 of recipe): Calories: 55; Fat: 5 gm; Saturated Fat: 1 gm; Carbohydrate: 3 gm; Sodium: 0 (unless salt is added); Fiber: 2



*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).
For additional healthy recipes, please visit [uwhealth.org/recipes](https://www.uwhealth.org/recipes).*

