

Roasted Asparagus

Makes: 50 servings

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Ingredients	Weight	Measure
Asparagus spears, fresh	10 lb 8 oz	
Olive oil		1/2 cup
Salt		1 tsp
Pepper		1/2 tsp
Parmesan cheese, grated		1/2 cup

Directions

1. Wash and trim asparagus. Let drain.
2. Toss asparagus with olive oil, salt and pepper. Spread onto a baking sheet. Sprinkle with Parmesan cheese.
3. Bake in a 350 degrees F oven for 15 minutes or until asparagus is tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	43	
Total Fat	2.58 g	
Protein	2.4 g	
Carbohydrates	3.7 g	
Dietary Fiber	1.96 g	
Saturated Fat	0.49 g	
Sodium	60 mg	

Meal Components

Vegetables	1/2 cup
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