

## Roasted Asparagus

Servings per recipe: 1  
Each serving = 1 vegetable

### Ingredients

- 100 grams asparagus
- 1-2 cloves minced garlic
- 1/2 tsp parsley
- 1/4 tsp oregano
- sea salt and black pepper (to taste)



### Directions

1. Preheat oven to 400.
2. Trim your asparagus.
3. Spread the spears on a sheet of non-stick aluminium foil.
4. Add the seasonings.
5. Wrap all ends of the foil up tightly to make a sealed 'pocket'.
6. Roast 15-20 minutes.

