

Oven-roasted Asparagus

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Ingredients

1 bunch thin asparagus spears, trimmed
3 tablespoons olive oil
1 1/2 tablespoons grated Parmesan cheese (optional)
1 clove garlic, minced (optional)
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1 tablespoon lemon juice (optional)

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.