



# Roasted Asparagus with Balsamic Vinegar and Feta Cheese

## Ingredients

- 1 ½ lbs. asparagus spears
- 1 tsp. minced garlic
- ¼ c. crumbled light feta OR grated parmesan cheese

- 1 tbsp. Olive oil
- 2 tsp. balsamic vinegar
- ¼ tsp. each salt and pepper

## Per serving

|         |             |
|---------|-------------|
| Energy  | 55 calories |
| Protein | 3g          |
| Carbs   | 5g          |
| Fat     | 3.5g        |
| Sodium  | 152mg       |

## Directions

1. Preheat oven to 450F. Trim off tough ends of asparagus
2. Spray a small baking pan with cooking spray. Arrange asparagus around a bit to make sure they're well coated with oil and garlic (Using hands works best)
3. Roast for about 8 to 10 min, depending on thickness of the asparagus. Be careful not to overcook them. Soggy asparagus is no fun and no yum.
4. Arranged cooked asparagus on a serving plate, sprinkle with vinegar, salt and pepper. Top with crumbled feta or parmesan. Serve immediately.



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