

## Oven Roasted Lemon Asparagus

- 2 lb fresh asparagus, ends trimmed
- 1 lemon, zested and juiced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1/2 teaspoon
- Himalayan sea salt

1. Heat the oven to 425°F.

2. Zest a lemon using a microplane, then juice. Reserve half the lemon juice and all of the lemon zest.

3. Trim the ends from the asparagus, then toss with the olive oil, garlic, and half the fresh lemon juice (about 1 tablespoon).

4. Spread the asparagus on a baking sheet in an even layer, then transfer to the oven. Roast 8 minutes.

5. Remove the asparagus from the oven, then season with salt and sprinkle with lemon zest. Add additional lemon juice to taste. Serve immediately.

Makes 3 servings.

Serving Size = 2 cups of asparagus

Add 1 cup of on plan fruit & 3 oz protein to complete the meal.

