

Asparagus Parmesan

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1 pound asparagus, trimmed

1 tablespoon olive oil

3 tablespoons Parmesan cheese, grated

1 teaspoon garlic, chopped

Preheat the oven to 400 degrees.

Line a 15x10-inch baking sheet with parchment paper.

In a large bowl, toss the asparagus, olive oil, Parmesan and garlic.

Place on the prepared baking sheet.

Bake for 12 minutes or until crisp and beginning to soften.

Transfer to a serving dish and serve warm.

Per Serving (excluding unknown items): 247 Calories; 18g Fat (63.3% calories from fat); 12g Protein; 12g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 285mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Vegetable; 3 Fat.