

Roasted Asparagus with Hazelnut Picada

*Reich Landau and Kate Jacoby - "Vedge"
Palm Beach Post*

Servings: 4

*1/4 cup stale bread cubes
1/4 cup unsalted hazelnuts, shelled,
and skinned
3 tablespoons olive oil, divided
2 teaspoons minced garlic
1 teaspoon salt, divided
1 teaspoon freshly ground black
pepper, divided
1 teaspoon fresh thyme, chopped
2 bunches (2 pounds) asparagus,
bottom 1/3 trimmed with a peeler to
achieve uniform thickness*

Preheat the oven to 400 degrees.

Toss the bread cubes and hazelnuts in a small bowl with one tablespoon of olive oil, garlic, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Transfer the mixture to a sheet pan and roast until browned, about 8 minutes. Remove from the oven and toss with the thyme. Cool slightly before transferring to a food processor. Pulse into a crumble.

Meanwhile, toss the asparagus in a large bowl with the remaining two tablespoons of olive oil, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Transfer to a sheet pan and roast until bright green and lightly crinkled, about 4 minutes for pencil-thin asparagus or up to 10 minutes for jumbo spears.

Serve the asparagus immediately with picada sprinkled on top.

Per Serving (excluding unknown items): 95 Calories; 10g Fat (93.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	trace
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% Calories from Fat:	93.7%
% Calories from Carbohydrates:	5.0%
% Calories from Protein:	1.4%
Total Fat (g):	10g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	534mg
Potassium (mg):	35mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	57IU
Vitamin A (r.e.):	5 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 95 Calories from Fat: 89

% Daily Values*

Total Fat 10g	16%
Saturated Fat 1g	7%
Cholesterol 0mg	0%
Sodium 534mg	22%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	
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Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.