

Spicy Roasted Asparagus

Dash Magazine - April 2012

1 pound asparagus, tough ends snapped off

2 tablespoons olive oil

1 teaspoon cajun seasoning

1/4 teaspoon salt

Preheat the oven to 425 degrees.

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

Snap the tough ends off of the asparagus. Place into a large bowl.

In a small bowl, mix the olive oil, cajun seasoning and salt.

Drizzle the dressing over the asparagus spears.

Arrange the spears on the prepared baking sheet.

Bake for 10 minutes or until tender, stirring occasionally.

Serve hot or at room temperature.

Per Serving (excluding unknown items): 303 Calories; 28g Fat (76.9% calories from fat); 6g Protein; 13g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 753mg Sodium. Exchanges: 2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.