



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Roasted Asparagus

Yields: 8 servings

Per serving: 51 calories, 1 g fat, 40 mg sodium, 4 g fiber, 4 g protein

Ingredients

- 3 lbs. asparagus, trimmed
- 1/2 tbsp. extra-virgin olive oil
- Less than 1/4 tsp. salt & freshly ground pepper

Directions

1. Preheat oven to 450°F. Toss asparagus with oil on a baking sheet with sides or in a large roasting pan. Spread in a single layer and season with salt and pepper. Roast asparagus, uncovered, for 15 to 25 minutes, or until tender. Serve hot or at room temperature.