

# Oven-Roasted Asparagus

Prep Time	Cook Time	Total Time
5-8 mins	12-14 mins	17-22 mins

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Recipe type: Side dish for Lunch/Dinner

Servings: Depends how much asparagus you roast



## Ingredients

- 1 bunch asparagus spears (Thick spears are best for roasting, but can still use thin)
- 1 tablespoon melted coconut oil
- Salt, to taste (I use Himalayan pink salt or Celtic sea salt)
- Black pepper, to taste (optional)
- Grated parmesan cheese, to taste (optional)
- 1 TB lemon juice (optional)

## Instructions

1. Preheat oven 425 ° F (220 ° C)
2. Wash asparagus well. Trim or snap the woody stems off the end of each asparagus spear.
3. Arrange the asparagus into a single layer on a baking sheet or baking dish. Drizzle with the melted coconut oil. Toss to coat the asparagus. Arrange in a single layer again and add seasonings of choice like salt, pepper, garlic powder or minced garlic, grated parmesan cheese, etc.
4. Bake at 425 ° F (220 ° C) for 12-14 minutes depending on the thickness of asparagus, and your desired texture. It's best when lightly browned and crisp-tender, but not soggy.
5. (Optional) Before serving, drizzle with fresh lemon juice. And if you want, wait till after roasting to add a sprinkle of grated Parmesan cheese. Serve immediately.

**TIP:** Have you ever had roasted asparagus turn out tough and stringy? The best way to avoid that is to use the fat spears, not the skinny ones, for roasting. The skinny ones will dry out too quickly in the high heat of the oven.