

Roasted Asparagus with Dijon-Lemon Sauce ▼

Garnish the platter with orange wedges and parsley sprigs.

- 2 pounds asparagus spears, trimmed
- 4 teaspoons extravirgin olive oil, divided
- $\frac{1}{2}$ teaspoon kosher salt
- 2 garlic cloves, minced
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh parsley

- 1 Preheat oven to 425°.
- 2 Combine asparagus, 2 teaspoons olive oil, salt, and garlic in a large bowl, tossing well to coat. Arrange asparagus mixture in a single layer on a baking sheet. Bake at 425° for 12 minutes or until crisp-tender.
- 3 Combine remaining 2 teaspoons oil, rind, juice, mustard, and pepper in a small bowl, stirring with a whisk. Arrange asparagus on a platter; drizzle juice mixture over asparagus. Sprinkle with parsley. Yield: 6 servings.

CALORIES 60 (50% from fat); FAT 3.3g (sat 0.5g, mono 2.2g, poly 0.6g); PROTEIN 3.4g; CARB 6.8g; FIBER 3.3g; CHOL 0mg; IRON 3.3mg; SODIUM 166mg; CALC 40mg

