



Mustard Roasted Asparagus

Directions:

1. Preheat oven to 375F.
2. Combine olive oil, mustard, horseradish, and pepper in small bowl.
3. Place asparagus on a sheet pan and pour over mustard mixture. Toss to combine.
4. Arrange asparagus in a single layer and roast in oven until crisp-tender and slightly browned.

Nutrition Facts: 41 cal, 2 g fat, 5 g carb, 3 g pro, 197 mg Na+, 3 g fiber

Ingredients:

1 pound asparagus, trimmed
1 Tablespoon olive oil
2 teaspoons Dijon mustard or whole grain mustard
1/2 teaspoon prepared horseradish (optional)
1 pinch pepper

Yield: 4 servings

Time: 30 minutes

Asparagus is a good source of fiber, B vitamins, vitamin K, vitamin C, vitamin E, potassium and folic acid.

Additional seasoning ideas:

- Garlic & parmesan
- Lemon, black pepper & thyme

Asparagus also pairs well with eggs. Try diced asparagus in an omelet or a scramble. Asparagus, tomato and feta in scrambled eggs is delicious!

Yield: 4 servings Time: 15 minutes

Yield: 4 servings Time: 30 minutes