

## Oven Roasted Asparagus

### Ingredients:

2 # of asparagus spears, with ends snapped off

1 Tbsp. olive oil

½ tsp garlic powder

1 Tbsp. lemon juice

2 Tbsp. Parmesan Cheese

Black pepper to taste

### Directions:

Preheat oven to 425 degrees F.

Place the asparagus into a mixing bowl & drizzle with olive oil.

Toss to coat the spears and then sprinkle with garlic powder, lemon juice, black pepper and Parmesan cheese. Place the asparagus on a baking sheet. Drizzle any remaining of the liquid over the asparagus.

Bake in preheated oven until just tender, about 12-15 minutes depending on your desired doneness. Serves: 8

## Mediterranean Asparagus Salad

### Ingredients:

1 lb asparagus, blanched and cut into 1 ½ inch pieces

1 c. grape tomatoes, cut in half

1/2 c. Kalamata olives, cut in quarters, drained

1 c. bite sized mozzarella balls, cut in half

### Pesto Vinaigrette:

1 c. fresh basil

2 tsp finely minced garlic

2 Tbsp toasted pine nuts

1/3 c. olive oil

1/3 c. white vinegar

½ tsp. black pepper

**Directions:**

Combine basil, garlic, pine nuts and olive oil in food processor. Transfer to bowl and whisk in vinegar and pepper. Add dressing to the remaining ingredients and serve. Protein can be added as preferred. Also, can be made ahead and refrigerated.