

# ROASTED

## ASPARAGUS & ONION



Makes 4 Servings

### INGREDIENTS

- 1 pound asparagus, trimmed
- 2 cups sweet onion, chopped
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1 teaspoon pepper

### DIRECTIONS

Preheat oven to 375 degrees. Combine asparagus and onion on a roasting pan. Drizzle with olive oil and season with salt and pepper. Bake in oven for 15-18 minutes or until desired doneness.

### TIPS

- To reduce sodium, leave the salt out.

### NUTRITION

121 calories  
8 g fat  
294 mg sodium  
12 g carbohydrate  
4 g protein

