

BAKED BALSAMIC ASPARAGUS



INGREDIENTS

- 1 lb. fresh asparagus, trimmed
- 2 Tbsps. olive oil
- 2 Tbsps. balsamic vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper

DIRECTIONS

1. Preheat oven to 350 degrees. Cut a sheet of aluminum foil 18 inches long.
2. Place the asparagus on the foil; drizzle with oil and vinegar then sprinkle with salt and pepper.
3. Seal the foil packet and place it on a baking sheet.
4. Bake 12 to 15 minutes, or until the asparagus is tender. Open the packet carefully, and serve.

NUTRITION FACTS

Serves 6 / Serving Size -
About 2 pieces of asparagus

Calories	60
Total Fat	4.6g
Protein	1.7g
Cholesterol	0.0mg
Sodium	100mg
Total Carbohydrates	3.8g
Dietary Fiber	1.6g
Sugar	2.2g