

Roasted Asparagus with Parmesan

Asparagus is a yummy vegetable you can use for a side dish or appetizer.

Recipe by [Ivan Miles](#) | Created on **Nov 17, 2021**

Ingredients

- olive oil cooking spray
- 1 pound fresh asparagus, tough ends trimmed
- ¼ cup shredded Parmesan cheese
- 1 teaspoon sea salt
- ¼ teaspoon garlic powder, or to taste

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Spray the inside of a 9x13 casserole dish with olive oil cooking spray. Place asparagus in the dish and lightly spray spears with cooking spray.
- Sprinkle asparagus with Parmesan cheese, sea salt, and garlic powder.
- Roast in preheated oven until fork easily punctures thickest part of stem, about 12 minutes.

Nutrition Facts

Serving: **4 servings** | Calories: **46 kcal** | Carbohydrates: **4.7 g** | Protein: **4.4 g** | Saturated fat: **0.9 g** | Cholesterol: **4.4 mg** | Sodium: **660.1 mg** | Fiber: **2.3 g** | Sugar: **2.2 g**

Categories

Side Dish

Vegetables

Asparagus

Baked