

Cast-Iron Roasted Asparagus

Serves 4 as a side dish

**1 bunch asparagus, ends
trimmed**

Extra-virgin olive oil

Kosher salt

Instructions: Preheat oven to
500°.

In a large mixing bowl, drizzle
asparagus generously with olive
oil and season with salt. Toss to
coat evenly.

Lay asparagus flat in a large
cast-iron skillet (a sheet pan will
also work), and cook in oven until

tender and slightly browned and
crackly, about 8 minutes.

Serve immediately alongside
grilled meat or roasted fish, or
chop roughly and add to a salad
of spring greens with hard-boiled
egg and a balsamic vinaigrette.

*Nutritional analysis not possible
because of the general nature of
the recipe.*
