

# 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.*