



The Wholeness Chef

Roasted Asparagus with Lemon

I love this dish because it's quick to prepare and it tastes great. My children absolutely love this recipe so we hope you enjoy it as much as we do!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1 lb Organic Asparagus
1 tbsp Organic Extra Virgin Olive Oil, Avocado Oil, or Coconut Oil.
Organic Lemon Zest
Salt and Pepper to taste

Directions:

1. Preheat oven to 375°F.
2. Wash and trim asparagus spears.
3. Transfer asparagus spears to a baking dish or cookie sheet.
4. Drizzle with olive oil.
5. Add salt and pepper to taste.
6. Toss with your hands or tongs to evenly spread the oil, salt, and pepper.
7. Bake in the oven for 15-18 minutes until tender.
8. Remove from the oven and transfer to a serving plate. Add the lemon zest
9. Enjoy immediately.