

Recipe of the Month: June

Savor the peak of asparagus season with this simple, healthy and delicious recipe. By roasting fresh asparagus you enhance its flavor and keep its crisp-tender texture. It is a great way to enjoy this vegetable loaded with Vitamin A and iron, as well as Vitamins B and C. You can serve this dish as an appetizer at lunch or dinner, or as a side dish for grilled chicken, fish, or tofu. Roasted asparagus could easily become a spring favorite.

Roasted Asparagus with Garlic

1 lb. fresh asparagus (medium width)

2 tsp. olive oil

2 garlic cloves, minced

Salt and freshly ground black pepper, to taste

Lemon wedges, as garnish

Preheat the oven to 500 degrees. Rinse asparagus and break off tough ends.

Place asparagus in a shallow roasting pan and coat with oil. Sprinkle with garlic and salt and pepper, to taste. Roast uncovered for 6-8 minutes (depending on width of spears), shaking pan occasionally.

Serve with lemon wedges.

Makes 4 servings. Per serving: 45 calories, 2 g. total fat (<1 g. saturated fat), 5 g. carbohydrates, 3 g. protein, 2 g. dietary fiber, 15 mg. sodium.

Source: American Institute for Cancer Research