

BALSAMIC ROASTED ASPARAGUS

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 13 spears)

Nutrition (per serving)

Calories: 124

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 76 mg

Total Carbohydrate: 10 g

Dietary Fiber: 5 g

Protein: 7.5 g



Ingredients

- 2 ounces asparagus (about 2 bunches)
- 2 Tablespoons olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- Cooking spray

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut asparagus about 1 inch from ends. Discard cut ends.
3. Combine all ingredients in zip top bag. Shake to combine well.
4. Place ingredients from the bag onto a baking sheet coated with cooking spray. Bake for 20 minutes or until fork tender.

To make bariatric diet friendly:

For a single serving, put 4 spears of asparagus on a microwave-safe plate. Mix together 1 teaspoon olive oil, 2 teaspoons balsamic vinegar, a pinch each of garlic powder, black pepper, and salt. Coat asparagus with oil mixture and cover with a damp paper towel. Microwave for 2-3 minutes.

*note: this recipe is a side dish, pair with a protein to reach your protein goal

Bariatric nutrition information (1 serving, 4 spears asparagus): Calories 60, Total Fat 4.5g, Sat Fat 0.5g, Sodium 290mg, Fiber 2g, Sugars 2g (none added), Protein 2g