

Oven Roasted Asparagus

Serves 4



1 lb asparagus
2 tbsp olive oil
1 tbsp lemon juice
1 tbsp garlic, crushed and finely minced
¼ tsp freshly grated pepper
Kosher salt for sprinkling.

Pre-heat the oven to 425°F. Clean the asparagus by placing it in a flat container (like a baking dish) filled with cold water and dunking it repeatedly. This is especially important for the home-grown crop, since they may not be cleaned as thoroughly as store bought.

Snap off the bottom ends of the spears. They will naturally break just above the toughest part of the stem.

In a small bowl, whisk together the olive oil, lemon juice, garlic and pepper. Lay the asparagus out on a baking sheet and pour the olive oil mixture over the spears. Roll the asparagus around in the mixture to coat them. Once coated, space out the spears so that they are not too close together. If they are all bunched up, the asparagus will steam, not roast. Cook in the oven for 10-12 minutes or until lightly browned in spots. Remove from the oven and sprinkled with kosher salt.

Notes:

~A coarse kosher salt works best for this; not too fine and not too coarse. I use Morton's. If you have a nice flaky sea salt, you can use that too.

~It's easy to overcook your asparagus. It should be tender but not mushy, have a bit of a bite to it, but not crunchy. The only reliable way I have found to test for doneness is to grab one out of the oven and eat it.