



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Oven Roasted Asparagus

Serves 4

Ingredients:

1 bunch thin asparagus spears (trimmed)
3 TBSP olive oil
1 clove of garlic (minced)
½ tsp salt
¼ tsp ground black pepper
Optional: 1 TBSP grated Parmesan cheese, 1 TBSP lemon juice



Directions:

1. Preheat oven to 400 degrees F. Line roasting pan with aluminum foil or baking sheet.
2. In a medium bowl, toss asparagus in olive oil, garlic, salt, and pepper. Optional: add grated Parmesan cheese.
3. Transfer asparagus mixture to roasting pan. Arrange in a single layer on baking sheet. Bake for 12-15 minutes, depending on thickness. Optional: drizzle with lemon juice just before serving.

Nutrition Tips:

1. Asparagus is rich in fiber and several phytonutrients, namely folate, vitamin A, vitamin C, vitamin E and vitamin K. Vitamins A, E, and K are fat-soluble vitamins, meaning they are best absorbed in combination with a fat source such as heart-healthy olive oil used in this recipe.
2. Purple asparagus contains a particularly high amount of anthocyanins, which gives it the red/blue/purple hue and gives antioxidant effects that protect cells from damaging free radicals.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.