

Amazing Oven Roasted Asparagus

Description

Flavorful and fresh. Great way to eat asparagus.

Prep time: Ten minutes

Cook time: Twelve minutes

Total time: Twenty-two minutes

Servings: 4

Ingredients

- 1 lb. of asparagus (25-30 stalks)
- 1 tablespoon of olive oil
- 1/4 teaspoon of dried thyme
- 1/4 teaspoon of onion powder
- 1 teaspoon of lemon zest
- Pepper and Himalayan sea salt to taste
- 4-5 slices of lemon
- 2 cloves of garlic, minced
- 1 teaspoon of olive oil
- 1 tablespoon of fresh lemon juice
- 1-2 tablespoon of vegan cheese

Instructions

1. First, preheat the oven to about 425 degrees F. Then wash and dry the asparagus. Slice the asparagus in half and place on a tray lined with parchment paper. Drizzle one tablespoon of olive oil on the asparagus and toss to coat. Season the asparagus with onion granules, thyme, lemon zest, pepper, and sea salt. Toss and then top with the lemon slices. Transfer to the oven and bake for about eight minutes.
2. Mince the cloves of garlic and combine with olive oil. Pour the mixture over the asparagus. Return the tray to the oven and bake for an additional three minutes. Once tender, remove the asparagus from the oven. Sprinkle the lemon juice on the asparagus and add in the grated vegan cheese.
3. Serve.