

# From Lisa's Kitchen: Roasted Asparagus

This is my favorite way to eat asparagus. While this is a really simple recipe, I get a lot of questions on how long to roast vegetables. Most recipes I've read cook the vegetables much too long. I like a little life left in my vegetables.

---

## Roasted Asparagus

Serves 4 - 6

1 ½ pounds asparagus spears (about 30 spears), hard ends trimmed off  
olive oil spray  
kosher salt  
freshly ground pepper

Preheat oven to 425°.

Spread asparagus spears in a single layer on a large cookie sheet. Use two sheets if necessary.

Spray asparagus with olive oil spray and sprinkle generously with salt & pepper (go easy on the salt if you have high blood pressure concerns). Toss to evenly coat the spears.

Roast asparagus for 5 minutes, then turn the spears over with tongs and roast for another 2 minutes. Using a fork, pierce one spear to see how much "give" it has. If it feels like it will be too crunchy for you, roast for another few minutes and check again.

There are several variables when it comes to roasting asparagus: size of the spears, if they have enough room to spread out on the tray, and how crisp or soft you like them. Keep in mind that if you leave the asparagus on the tray after removing from the oven, they'll continue to cook. For that reason, I tend to undercook them a little.