

# BAKED ASPARAGUS



VantageWellness.com

## Ingredients

Yield: 3-4

- 1 bunch of asparagus stalks
- 1 tbsp olive oil
- 1 tsp garlic salt
- 1 tsp or less of Cajun seasoning

## Directions

1. Wash asparagus stalks and chop off ends. Place in 9x13 cookie sheet.
2. Sprinkle stalks lightly with water and then brush on olive oil evenly.
3. Sprinkle on seasonings to taste and bake at 350 until tender, approximately 20-30 minutes.

Tip: to decrease sodium try using no salt or low salt Cajun seasoning and lightly sautéed minced garlic

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
5 spears	60	4 g	2.6 g	2.6 g	700 mg

Carbohydrate Exchanges: 1/5