

Chili Lime Asparagus

Makes 5 servings

Preparation 5 minutes, cook time: 15-20 minutes

Ingredients:

- 1 bunch of approximately 20 thick asparagus , washed, trimmed and peeled
- 1-2 tbsp olive oil
- 1 tsp chili powder
- juice from one lime
- 1/4 tsp salt
- zest from 1 lime

Directions:

1. Preheat oven to 450 F. Line a baking sheet with parchment paper.
2. Toss asparagus with olive oil, chili powder, lime juice and salt. Place on baking sheet and roast for 15-20 minutes.
3. Transfer to a platter and sprinkle with lime zest. Serve and enjoy!



Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories 52	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 129 mg	5 %
Potassium 144 mg	4 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	3 %
Vitamin A	12 %
Vitamin C	10 %
Calcium	2 %
Iron	9 %