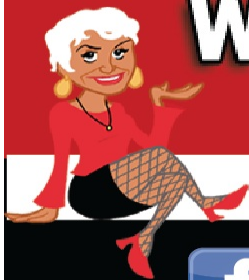


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



*No one does what we do!*



[weightnomoredietcenter.com](http://weightnomoredietcenter.com)

WeightNoMoreDC



## ROASTED ASPARAGUS WITH PARMESAN

Intermediate Lifestyle

### Ingredients

1-1/2 pounds asparagus  
1 TBS olive oil  
Morton's Lite salt, to taste  
2 TBS freshly grated Parmesan cheese

### Instructions

1. Preheat oven to 400°.
2. Prepare the asparagus spears by cutting off the last inch or so of the woody stalk. Spread the asparagus spears on a baking sheet. Brush them with olive oil, especially the tips, and sprinkle with salt.
3. Roast the asparagus on the top rack of the oven until the stalks begin to get tender on the outside, about 10 to 12 minutes. (Thin asparagus spears will take less time, while thicker spears will take more.)
4. Remove the baking sheet from the oven, sprinkle the asparagus with the Parmesan cheese and roast for another 30 seconds. Remove from the oven and serve.

**Portion-Per-Serving Information:** (Yields 5 servings)

Serving = 6 spears = 1 V