



## **ROASTED ASPARAGUS w/BALSAMIC BROWNE D BUTTER**

**Intermediate Lifestyle**

### **INGREDIENTS**

40 thick asparagus spears, trimmed (about 2 pounds) Cooking spray

¼ TSP kosher salt

⅛ TSP black pepper

2 TBS butter

2 TSP lower-sodium soy sauce

1 TSP balsamic vinegar

### **INSTRUCTIONS**

—Preheat oven to 400°.

—Arrange asparagus in a single layer on baking sheet; coat with cooking spray. Sprinkle with salt and pepper. Bake at 400° for 12 minutes or until tender.

—Melt the butter in a small skillet over medium heat; cook for 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat; stir in soy sauce and vinegar. Drizzle over asparagus, tossing well to coat. Serve immediately.

**SERVING INFO:** (Yields 8 servings)

5 spears = 1 V

See photo of recipe at [Instagram](#) and [Facebook](#).