Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Cheesy Roasted Asparagus

Adapted from Chop Chop Family Makes 4 servings

Ingredients

1 bunch asparagus2 tablespoons olive oil1/4 teaspoon salt1/2 cup grated parmesan cheese1/2 lemon

Instructions

Preheat oven to 450°F.



Photo credit: The Recipe Critic website

Trim the ends off the asparagus and place on a baking sheet. Drizzle with olive oil and sprinkle with salt. Toss to coat and spread asparagus in a single layer.

Roast in the oven until the asparagus turns bright green, 5-10 minutes depending on thickness of asparagus.

Remove the baking sheet from the oven. Sprinkle cheese over the asparagus and toss well. Return the baking sheet to the oven and roast until the cheese melts and turns golden, about 2 minutes.

Squeeze the lemon over the asparagus and serve.

Note:

To make the recipe dairy free, use a dairy-free cheese alternative in place of the parmesan cheese.







