

# ROASTED BALSAMIC ASPARAGUS



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Asparagus  
Extra Virgin Olive Oil  
Ideal Protein Balsamic Vinegar  
Salt  
Black Pepper

### QUANTITY

4 cups  
2 tsp.  
2 tsp.  
¼ tsp.  
¼ tsp.



## PREPARATION

- ✔ Preheat oven to 425°F (220°C).
- ✔ Rinse asparagus, pat dry, and trim off 1-2 inches from the ends.
- ✔ Arrange asparagus in a single layer on a baking sheet or dish.
- ✔ Drizzle with olive oil and balsamic vinegar, flipping once to coat lightly.
- ✔ Sprinkle with salt and pepper.
- ✔ Bake for 7-10 minutes, until asparagus is tender-crisp with lightly browned tips.
- ✔ Transfer to a serving dish and enjoy warm.