

# BALSAMIC ASPARAGUS



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY
Asparagus spears	8 cups
Olive oil	2 tbsp.
Ideal Protein balsamic vinegar	1 tbsp.
Garlic powder	½ tsp.
Salt	¼ tsp.
Black pepper	⅛ tsp.



## PREPARATION

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Toss asparagus spears with olive oil, balsamic vinegar, garlic powder, salt, and black pepper until evenly coated.
- Arrange asparagus on the baking sheet in a single layer.
- Roast for 12-15 minutes, or until tender and slightly crisped.
- Remove from the oven and serve immediately.