
Roasted Asparagus with Dijon and Thyme

From a cooking class with Phillis Carey, 2020



Servings: 4

1. Preheat oven to 450°F.
2. Toss asparagus with EVOO and sprinkle with salt and pepper. Arrange in a single layer on a baking sheet. Roast asparagus for 8 minutes, or until asparagus is just tender.
3. Meanwhile, melt butter in a small skillet over medium heat. Add garlic and stir for about 30 seconds, then whisk in mustard and thyme. Keep warm until ready to serve and toss over the hot, roasted asparagus.

1 pound asparagus, ends snapped off
4 teaspoons EVOO
salt and pepper to taste
2 tablespoons unsalted butter
2 small cloves garlic, minced
2 teaspoons Dijon mustard
1 teaspoon fresh thyme, chopped

Per Serving (excluding unknown items): 109 Calories; 10g Fat (82.4% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com