

**Roasted Asparagus**  
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**Ingredients:**

Asparagus  
Olive oil  
[Sea salt](#)

**Directions:**

Pre-heat oven to 350 degrees.

Open bundle of asparagus and wash, starting from the bottom end and working up to the tips. Make sure there isn't sand or dirt caught in the tips.

Place the clean ones in a [colander](#), tips side up. Shake water off in the colander.

Line a [3/4 sheet pan](#) with paper towels and place the drained asparagus on the towels to further dry.

Lift the paper towel on one side and begin to roll the asparagus toward the other side of the sheet pan, patting the asparagus dry as you go.

Take the paper towel completely off out from under the asparagus. By this time, the asparagus should be dry and all at one end of the sheet pan.

Take a piece of [parchment paper](#) and put on the 3/4 sheet pan, moving the asparagus into place on top of the paper on the pan as you go. NOTE: When you cover the 3/4 sheet pan with parchment paper you are creating a protective barrier between your food and the aluminum sheet pan. Aluminum is a heavy metal that has been attributed to problems like bone diseases, renal impairment, and reduced growth rate of human brain cells.

The asparagus should be as dry as possible and laying all in one direction. They should be spaced as far and evenly apart as the size of your pan will allow.

Spray the asparagus with a little olive oil or coconut oil and sprinkle sea salt.

Put pan into the oven for 10 minutes.

Take out and turn all of the asparagus over with a [large spatula](#). You may need to re-spray the asparagus once you get them turned over. Just check for dryness and gauge from there.

Put back in the oven. The timing of this will depend on how "al dente" you like your asparagus and when your other dishes are ready to serve.