



Roasted Asparagus

Peak season for asparagus is March thru June. Look for firm, straight stalks, medium green with compact tips. Believe it or not, if you squeeze the bunch and it squeaks, it is fresh!

Roasted Asparagus:

- 1 bunch asparagus
- 2 T olive oil
- 1/4 t sea salt
- 1/4 t black pepper
- 1 T lemon juice
- 1 clove garlic, grated
- 1 T parmesan cheese grated- optional

Preheat oven to 400 degrees.

Break off the white, woody ends of the asparagus. To do this, grab the entire bunch with both hands and bend till the ends snaps. It will naturally snap off at the tough spot and you can discard the ends.

Drizzle the spears with olive oil. Toss to coat and then sprinkle with the salt, pepper and garlic.

Arrange on a baking sheet and, if desired, sprinkle with parmesan.

Bake 8-12 minutes- the longer time is for thicker stalks. Sprinkle with lemon juice and serve!



Sweet Beets

quilt pattern with recipe



Little Leaves

quilt pattern with recipe