



## Roasted Asparagus and Peppers

### *Serves four as a side*

1 pound asparagus spears – though ends removed and thawed if using frozen

¾ of a large red bell pepper – sliced the same thickness as the asparagus

1 large garlic clove – thinly sliced

The leaves of 2 thyme sprigs or 1 tsp. dried thyme

Olive oil

Salt & Pepper

¼ cup shredded Parmesan cheese

Preheat oven to 425 degrees F (225 C).

Place the asparagus and bell pepper on a roasting pan in a single layer – work in batches if you need to. Sprinkle the garlic and thyme on the pan. Drizzle with olive oil and season with salt and pepper.

Wash your hands and toss the vegetables around so they are all evenly coated. Spread them into a single layer again and place the pan in the oven. Roast for 15 minutes, shaking the pan every 5 minutes.

Remove the pan from the oven and add the Parmesan cheese evenly onto the vegetables. Return the pan to the oven for an extra 5 minutes – until the cheese melts and browns.

Remove from the oven, serve and enjoy.

**CALORIES 58.88; FAT 1.71 grs (sat 0.92; mono 0.42; poly 0.15); PROTEIN 4.92 grs ; FIBER 3.40 grs; CARBS 7.59 grs; CHOLESTEROL 4.40 mg; IRON 2.91 mg; SODIUM 661.99 mg; CALCIUM 91.78 mg**