



JERSEY TASTES! RECIPES

Roasted Garlic Asparagus

INGREDIENTS

FAMILY-SIZE SERVES 4-6

- 1 bunch of fresh asparagus
- 2 Tablespoons (Tbsp) olive oil
- 3 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

SCHOOL FOOD SERVICE # PORTIONS: 25

- 5 1/4 lbs. fresh asparagus
- 1/4 cup olive oil
- 2 Tbsp garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Portion Size: 1/2 cup
1/2 cup = 1/2 cup Veg "Other"

DIRECTIONS

- 01** Preheat Conventional Oven to 425 F. Convection Oven to 350 F.
- 02** Rinse and dry off asparagus. Snap off and discard woody or white bottoms from asparagus. Peel and chop garlic.
- 03** Place asparagus and garlic on a sheet pan. Drizzle with oil and sprinkle with salt and pepper. Toss to coat asparagus evenly.
- 04** Roast for 10 to 15 minutes or until asparagus is crisp-tender, or can be pierced with a fork. Flip asparagus once halfway through roasting. Best served hot but can be served cold.

Fun Fact:
Asparagus
can be purple,
white or green!

RECIPES MADE IN COLLABORATION WITH:

