

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Roasted Asparagus

From www.cookingTF.com

Serves 4

- 1 lb. asparagus, washed and trimmed
- 4 Tbs coconut oil, melted
- ½ tsp salt
- 1 tsp spices of choice, optional
- 2 Tbs butter, optional

Preheat oven to 400 F. Cut asparagus into one-inch lengths if desired. Toss all ingredients except butter together and pour into a single layer on a cookie sheet or baking dish. Roast for 10-12 minutes, or until tender. Add optional butter to asparagus while still hot, to melt.