

Garlic Asparagus

Recipe By Rorie Weisberg



Cooking and Prep: 
1.5 h

Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free, Vegan, Paleo, Low

Fat, Low Carb, Sugar Free

Source: Family Table by

Mishpacha Magazine

This is one of my favorite festive, wholesome veggie dishes. Because of the marinade it requires a little advance planning, but the result is a really tender, flavorful asparagus. Serve with [Root Hash](#) and [Cauliflower-Rice Stuffed Capons](#).

Ingredients (6)

Main ingredients

- 2–3 pounds (1 – 1 and 1/4 kilograms) fresh asparagus
- 2 tablespoons oil
- 2 teaspoons salt
- 1 teaspoon garlic powder

1/2–1 teaspoon pepper

sesame seeds (*optional*)

Start Cooking

Marinate

1. Trim off heads and all triangular pieces from asparagus.
2. Place asparagus in a ziplock bag, then spray with oil and season with salt, garlic, and pepper. Close the bag and shake to evenly coat contents.
3. Allow to marinate in the refrigerator for one hour to overnight.

Roast

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Spread marinated asparagus in a single layer on a baking sheet lined with parchment paper.
2. Sprinkle with sesame seeds, if desired. Roast for 20–25 minutes.

Credits

Photography: Hudi Greenberger

Food Styling: Janine Kalesis