



**FUEL &  
FLAVOR**

**FRESH STARTS**



## LEMON GARLIC ROASTED ASPARAGUS

*Recipe from Darlene Hardiman, RD*

### INGREDIENTS

- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp lemon zest
- ½ tsp smoked paprika
- Salt and black pepper to taste

***Spice tip: Smoked paprika adds subtle depth without overpowering fresh spring asparagus.***

### DIRECTIONS

1. Preheat oven to 400°F.
2. Spread asparagus on a sheet pan.
3. Drizzle with olive oil and sprinkle garlic, paprika, salt, and pepper.
4. Roast 10–12 minutes until tender.
5. Finish with fresh lemon zest before serving.