

Roasted Asparagus with Balsamic Vinegar and Sesame Seeds

Serves 4

INGREDIENTS

1 pound	medium to thick fresh asparagus
1 Tablespoon	olive oil
2 to 3 Tablespoons	balsamic vinegar
2 Tablespoons	(or more if preferred) roasted sesame seeds
kosher salt and freshly ground black pepper to taste	

NOTES

Sesame seeds burn easily, so it is important to watch them carefully during the roasting process. In another version of this dish, the sesame seeds may be replaced with a light coating of freshly ground Parmesan cheese (because Parmesan is a hard cheese it has, by comparison to most soft cheeses, a fairly low fat content).

NUTRIENTS PER SERVING

CAL	PROT	CARBO	T FAT	SAT. FAT	CAL FROM FAT	CHOL	FIBER	SOD
71	4G	7G	4G	1G	44%	0MG	2G	7MG

METHOD

1. Place the sesame seeds on a flat metal pan and roast them at 325 degrees for 2 to 3 minutes until they are lightly browned. When done, set them aside to cool.
2. Preheat the oven to 500 degrees.
3. Snap off and discard the end of each stalk of asparagus.
4. Wash the asparagus and pat them dry on paper toweling.
5. Line a flat baking pan with a sheet of aluminum foil and spread 1 tablespoon olive oil evenly over the foil.
6. Place the asparagus on the foil and roll them in the oil so that each stalk is lightly coated.
7. Arrange the asparagus so that each piece lies flat on the pan, sprinkle them with salt and pepper, place them in the oven and roast for 15 to 20 minutes. During the roasting process the pan should be gently shaken every 5 minutes to allow the asparagus to brown evenly and to avoid having them stick to the pan.
8. When done, place the asparagus on a serving dish, coat them with the balsamic vinegar, top them with the roasted sesame seeds, and serve immediately.