



# Roasted Asparagus

NIBBLEDISH CONTRIBUTOR

## Ingredients

Asparagus: -Spears of asparagus, with the woody area snapped or chopped off  
-Sesame oil -Salt -Pepper -Optional white sesame seeds

## Instructions

1. Snap asparagus at their natural breaking point, to assure keeping only the tender areas 2. Place a puddle of oil in the middle of a foil-lined baking sheet 3. Roll asparagus around until evenly coated with oil 4. Season with salt, pepper, and sesame seeds 5. Bake on 350degrees Fahrenheit for about 8 minutes, or until asparagus has turned from a light green to a dark green color