

Roasted Lemon Asparagus with Pecans

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 lb (450 g) asparagus (preferably thick spears)
- 2 Tbsp (30 mL) balsamic vinegar or juice of one lemon
- 1 to 2 Tbsp grapeseed oil
- 2 pinches of sea salt and freshly ground black pepper
- 1/2 cup (125 mL) chopped pecans

Instructions:

1. Preheat oven to 350 degrees F (180 degrees C).
2. Snap tough ends off asparagus and discard. Place asparagus in a large baking dish or baking sheet.
3. Sprinkle with balsamic vinegar or lemon juice and grapeseed oil and roll asparagus around to coat well.
4. Season with salt and pepper.
5. Roast for 18-20 minutes or until fork-tender. Transfer to a platter and sprinkle with pecans.