



Roasted Balsamic Asparagus

Ingredients

- ¼ cup balsamic vinegar
- 3 tbsp water
- 1 pouch Good Seasons Italian dressing mix
- ¼ cup extra virgin olive oil
- 2 cups of asparagus

Directions

1. Combine all dressing ingredients in a bowl and whisk together.
2. Take 2 tablespoons of dressing and toss the asparagus in it
3. Put asparagus on a baking sheet and roast in oven at 350 degrees for 5-7 minutes, until they are fork tender.
4. Store extra dressing in the fridge.

Healthy Tip: Olive oil is heart healthy fat!

Calories 147

Total Fat 14 g

Saturated Fat 2 g

Cholesterol 0 mg

Sodium 2 mg

Total Carbohydrate 5 g

Dietary Fiber 1 g

Sugars 4 g

Protein 1 g