

BAKED ASPARAGUS WITH PARMESAN CHEESE

Preparation time: no more than 30 minutes - serves 4

Asparagus, which is traditionally harvested up to the summer solstice (June 21st), contains a variety of vitamins, especially A, B and C, potassium and zinc. You can steam, bake, stir-fry or just add it raw to salads.

Ingredients:

1 lb. trimmed Asparagus
1 tsp. Olive Oil
1 tbsp. Freshly-grated Parmesan Cheese
1 ½ tbsp. Fresh Bread Crumbs
Fresh Parsley for garnishing

Pre-heat oven to 450° F. Toss asparagus with oil in med. baking dish and arrange in even layer. Sprinkle with Parmesan and bread crumbs. Bake for about 15 minutes or until asparagus tender. Serve garnished with fresh parsley.