

Roasted Asparagus with Balsamic Browned Butter

Yield: **8 servings (serving size: 5 spears)**

Ingredients

- 40 asparagus spears, trimmed (about 2 pounds)
- Cooking spray
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons butter
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon balsamic vinegar
- Cracked black pepper (optional)
- Grated lemon rind (optional)



Preparation

Preheat oven to 400°. Arrange asparagus in a single layer on a baking sheet; coat with cooking spray. Sprinkle with salt and pepper. Bake at 400° for 12 minutes or until tender. Melt butter in a small skillet over medium heat; cook 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat; stir in soy sauce and balsamic vinegar. Drizzle over asparagus, tossing well to coat. Garnish with cracked pepper and rind, if desired.

Nutritional Information

Calories: 45 (60% from fat)

Fat: 3g (sat 1.8g, mono 0.9g, poly 0.2g)

Protein: 1.9g

Carbohydrate: 3.9g

Fiber: 1.7g

Cholesterol: 8mg

Iron: 0.7mg

Sodium: 134mg

Calcium: 18mg