

Oven Roasted Asparagus

An easy way to prepare asparagus is to roast it on a cookie sheet in the oven. In the U.S., green asparagus is the most common, while Europeans prefer the white variety.

Ingredients:

- 1 bundle Asparagus, rinsed and drained
- 2 tbsp. extra virgin olive oil
- garlic powder
- onion powder
- fresh ground Himalayan sea salt
- fresh ground black pepper

Steps:

1. Break or cut off the tough end of the stalks and discard them.
2. Toss the asparagus in extra virgin olive oil.
3. Sprinkle the asparagus stems, to taste, with garlic powder, onion powder, salt and freshly ground pepper.
4. Spread the asparagus in a single layer on a cookie sheet and place into an oven preheated to 400 degrees.
5. Roast them until they look a bit shriveled and are tender to the bite, maybe 15 minutes. How long the asparagus should cook depends on the thickness of the stalk, which varies greatly. Keep an eye on them so they do not burn. You may want to rotate larger stalks half way through the roasting time.

Discussion:

Asparagus is a rich source of folic acid and potassium, as well as vitamin C, and is high in antioxidants. Folic acid reduces homocysteine and is recommended for pregnant women to prevent neural tube defects in their babies. There is evidence that people who have died of Alzheimer's had very low or no folic acid.

Asparagus acts as a mild diuretic, neutralizes ammonia in the body, and protects small blood vessels. It is helpful to people with gout because it dissolves uric acid that accumulates in extremities causing pain. Asparagus helps with hypertension when sodium levels are too high by increasing levels of potassium. (source: Wikipedia, *Asparagus*)