

Roasted Asparagus Bundles

This recipe makes side dish portions. To make a delicious appetizer, wrap one or two asparagus spears per bundle. Also, this recipe is equally delicious grilled!

- nonstick cooking spray
- 1 pound fresh asparagus, washed and trimmed of tough ends
- 3-5 slices Proscuitto, halved lengthwise
- 2 teaspoons extra virgin olive oil
- 1 dash kosher salt
- freshly ground pepper
- fresh lemon – optional

Preheat oven to 400 degrees.

Evenly divide the clean, trimmed asparagus spears into equal portions of 3 or 4 spears each. Wrap each portion around the middle with a slice of Proscuitto.

Place "bundles" in a shallow baking dish that has been sprayed with nonstick cooking spray. Drizzle with the olive oil and sprinkle with salt and pepper to taste.

Place in oven and roast for approximately 15 minutes or until the asparagus is tender-crisp and the Proscuitto has tightened around the asparagus to make a snug bundle.

Before serving squeeze fresh lemon over the bundles if desired.

NOTE: TO TRIM ASPARAGUS hold the asparagus spear in both hands near each end and gently bend. The spear will naturally break between the tough and tender parts, typically removing 1/3 of the spear. Toss the tough bottom end and use the remaining tender portion of the asparagus.