



ROASTED ASIAGO BRUSCHETTA ASPARAGUS

By Dr. Cindy Tanzar
(Maintenance or Special Occasion)

This maintenance recipe is easy, yet it makes a beautiful gourmet side dish for the holidays. The flavors are amazing together. This one is definitely a keeper! Since this is a maintenance/special occasion recipe, there are no amounts to consider, however, the goal is always to remain reasonable.

Makes 4 servings.



INGREDIENTS

- 1 lb. fresh asparagus, bottom trimmed
- Pink Himalayan salt & pepper, to taste
- 2 Tbsp + 1 Tbsp avocado oil (divided)
- 3 Roma tomatoes, small diced
- 2 garlic cloves, minced
- 1/2 onion, small diced
- Fresh basil leaves (6 large – or more to your liking), chopped
- 1/2 cup shredded Asiago or Parmesan cheese



INSTRUCTIONS

Preheat oven to 400°F. Place asparagus on a baking sheet. Sprinkle with salt and pepper and drizzle with 2 Tbsp oil. Toss lightly. Roast asparagus for 10-15 minutes (depending on size of stalks).

To make the bruschetta, toss the tomatoes, garlic, onion and basil with 1 Tbsp oil in a bowl.

Carefully remove asparagus from the oven and top with the bruschetta, placing it in the middle of the stalks. Sprinkle with Asiago or Parmesan cheese

Roast for 10 minutes or until asparagus is tender and cheese is melted.