

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION  
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*Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis*

## OVEN ROASTED ASPARAGUS:

### Ingredients:

- 1 lb asparagus spears (thick spears are best for roasting)
- 1-2 Tbsp olive oil
- 2 cloves garlic, minced
- Ideal protein Sea Salt
- Freshly grated black pepper
- Lemon juice

Oven roasted asparagus: 1 Preheat oven to 400°F. Rinse clean the asparagus.



2 Lay the asparagus spears out in a single layer in a baking dish or a foil-covered roasting pan. Drizzle olive oil over the spears, roll the asparagus back and forth until they are all covered with a thin layer of olive oil. (Alternatively you can put the asparagus and oil in a plastic bag, and rub the bag so that the oil gets evenly distributed.) Sprinkle with minced garlic, salt, and pepper. Rub over the asparagus so that they are evenly distributed.

3 Place pan in oven and cook for approximately 8-10 minutes, depending on how thick your asparagus spears are, until lightly browned and tender when pierced with a fork. Drizzle with a little fresh lemon juice before serving.

**Yield:** Serves 4.