



Roasted Asparagus with Sweet Peppers

Prep: 10 minutes • Roast: 18 minutes • Serves: 8

- Nonstick cooking spray
- 3 pounds asparagus (about 3 bunches), bottoms trimmed
- 2 red bell peppers, sliced ½-inch-thick
- 3 tablespoons fresh orange juice (about ½ medium orange)
- 1 tablespoon olive oil
- ⅛ teaspoon salt

Preheat oven to 350°. Spray rimmed baking pan with nonstick cooking spray. In large bowl, toss all ingredients until vegetables are well coated. Transfer asparagus mixture to prepared baking pan. Roast 18 to 20 minutes or until vegetables are tender, stirring once halfway through roasting.

Approximate nutritional values per serving: 46 Calories, 2g Fat (39% of total calories), 0g Saturated (0% of total calories), 0mg Cholesterol, 36mg Sodium, 7g Carbohydrates, 2g Fiber, 2g Protein

*Dietary Exchanges:
1/2 Starch; 1/2 Fat*