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Martita's Awesome Asparagus

Serves 4 (or just one asparagus lover!)

- fat-free cooking spray
- 1 lb. asparagus spears, bottoms ends trimmed, cut into thirds
- 1 tablespoon extra virgin olive oil
- 1-1/2 tablespoons grated Parmesan cheese
- 1 teaspoon garlic salt
- freshly ground cracked pepper
- 1/2 medium red onion, thinly sliced

Preheat oven to 375. Spray baking sheet with fat-free cooking spray and place asparagus on sheet. Drizzle extra virgin olive oil over asparagus. Sprinkle on cheese, garlic salt and pepper; toss well. Top with sliced red onion. Bake for 30 minutes or until crispy.