

Asparagus My Way



Totals for 8 spears:

Calories 28 Fat 0g Fiber 2.5g Carbs 5g

What you'll need:

- 2 Bunches fresh asparagus spears, washed
- 1 Can butter flavored cooking spray

Large cookie sheet or flat baking pan

Garlic salt

Aluminum foil (optional)

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. Spray cookie sheet with cooking spray. (If you cover the cookie sheet with aluminum foil and then spray, you can toss your mess.)
3. Taking the asparagus and holding the fattest part of the end and the middle of the asparagus, gently bend the spear until it snaps. This is how you know what is the good part of the asparagus spear to cook and eat. The inedible part will snap off.
4. Once all asparagus have been snapped lay them evenly on the baking sheet.
5. Generously spray all spears with cooking spray and dust with garlic salt.
6. Bake for 10-15 minutes or until the asparagus is bright green. Don't overcook. You want the spears to still have some crunch!
7. Serve hot - plain or with KLV Ranch Dressing!

Paul N., from the MS Gulf Coast, inspired this **Kitty's Lighter Weigh** recipe.