



Roasted Asparagus, Mushrooms & Shallots

- 2 lb. asparagus, cut into 2-in. lengths
- 1 lb. cremini mushrooms, halved
- 8 oz. shallots (about 6 medium), quartered lengthwise
- $\frac{1}{3}$ cup olive oil
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ tsp. rosemary, crumbled



1. Preheat oven to 400°F. On large rimmed baking sheet, toss together asparagus, mushrooms, shallots, oil, salt and rosemary.
2. Bake, tossing occasionally, 25 minutes or until shallots are tender.

Different spins

- Try whole unpeeled cloves of garlic instead of the shallots.
- Use regular button mushrooms instead of the cremini.
- Or for a real treat—and an elegant touch—use fresh porcini mushrooms.
- The herb, too, can be played with. Sage or tarragon would be interesting choices.

Makes 6 servings

Per serving: 163 calories, 12 g fat, 12 g carbohydrates (2.2 g fiber), 5 g protein, 310 mg sodium

