

Lemon Roasted Asparagus: Easy, Bright & Flavorful Side Dish

When you want a side dish that's both incredibly healthy and bursting with fresh flavor,



OVEN
400°F

TIME
10-15 min

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INGREDIENTS

1 lb fresh asparagus spears
1 tbsp olive oil
Juice of ½ lemon (about 1 tbsp)
Zest of ½ lemon (about ½ tsp, optional, for extra brightness)
2 cloves garlic, minced (or ½ tsp garlic powder)
½ tsp salt
... tsp black pepper
Optional: Pinch of red pepper flakes for subtle heat
Optional: 1 tbsp grated Parmesan cheese for serving

DIRECTIONS

1. Prepare Asparagus: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup. Wash the 1 lb fresh asparagus spears and pat them dry. Snap off the tough, woody ends (they will naturally break where the tender part begins).
2. Season Asparagus: In a large mixing bowl, combine the prepared asparagus spears. Drizzle with 1 tablespoon olive oil. Add the juice of ½ lemon, zest of ½ lemon (optional), 2 cloves minced garlic (or ½ teaspoon garlic powder), ½ teaspoon salt, and ... teaspoon black pepper. If desired, add a pinch of red pepper flakes. Toss everything together until the asparagus spears are evenly coated.
3. Roast: Spread the seasoned asparagus in a single layer on the prepared baking sheet. Ensure the spears are not overcrowded, as this can lead to steaming instead of roasting. Roast in the preheated oven for 10-15 minutes, or until the asparagus is tender-crisp and lightly browned, with a slight char on the tips. The cooking time will depend on the thickness of your asparagus spears.
4. Serve: Remove the roasted asparagus from the oven. If desired, sprinkle with grated Parmesan cheese before serving. Serve immediately as a vibrant and flavorful side dish. Enjoy!

SWAPS & NOTES

Asparagus: Use fresh, firm asparagus spears .

Thicker spears may require an extra minute or two of roasting.

Trim the tough, woody ends before roasting.

Olive Oil: Use good quality extra virgin olive oil for best flavor.

TIPS FOR SUCCESS

Uniform Thickness: Choose asparagus spears of similar thickness for even cooking.

Don't Overcrowd the Pan: Spread asparagus in a single layer.

Overcrowding steams the vegetables, making them soggy.

Roast to Tender-Crisp: Asparagus is best when it still has a slight bite, not mushy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lemon-roasted-asparagus-easy-bright-flavorful-side-dish/>