



Asparagus Prosciutto & Parmesan

Serves four

- 1 pound asparagus – trimmed
- 2 to 3 slices Prosciutto
- 1/4 cup shredded Parmesan cheese
- 1 TBS olive oil
- 1 tsp. salt
- 1 tsp. black pepper

Preheat the oven to 375 degrees. Place the asparagus in an oven proof dish and 'weave' in the Prosciutto. Drizzle with olive oil and season with salt and pepper. Sprinkle with Parmesan cheese.

Place in oven and roast for about 20 minutes, until cheese is melted and browned and asparagus is cooked through but still crisp. Serve and enjoy!

CALORIES 88.60; FAT 5.51 grs (sat 1.56; mono 3.14; poly 0.54); PROTEIN 22.56 grs ; FIBER 2.52 grs; CARBS 10.45 grs; CHOLESTEROL 9.12 mg; IRON 2.72 mg; SODIUM 842.30 mg; CALCIUM 86.09 mg