

## ROASTED ASPARAGUS AND PROSCUITTO BUNDLES



Serves 4

- o nonstick cooking spray
- o 1 pound fresh asparagus, washed and trimmed of tough ends
- o 2 slices Proscuitto, halved lengthwise
- o 2 teaspoons extra virgin olive oil
- o 1 dash kosher salt
- o freshly ground pepper
- o fresh lemon – optional

Preheat oven to 400 degrees.

Evenly divide the clean, trimmed asparagus spears into four portions. Wrap each portion around the middle with a slice of Proscuitto.

Place "bundles" in a shallow baking dish that has been lined with heavy-duty aluminum foil and sprayed with nonstick cooking spray. Drizzle with the olive oil and sprinkle with salt and pepper to taste.

Place in oven and roast for approximately 15 minutes or until the asparagus is tender-crisp and the Proscuitto has tightened around the asparagus to make a snug bundle.

Before serving squeeze fresh lemon over the bundles if desired.

**NOTE: TO TRIM ASPARAGUS** hold the asparagus spear in both hands near each end and gently bend. The spear will naturally break between the tough and tender parts, typically removing 1/3 of the spear. Use the tender portion of the asparagus.