

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

The Best Roasted Asparagus – Juicy, Crisp, Flavorful, Outstanding

Thank you both [Cooks' Illustrated](#) and [Chef David Chang](#) for your suggestions for roasting asparagus. So many options for serving roasted asparagus. Though, one of the best is also the easiest. Simply dusted with a sprinkling of flaky salt.

Serves 2-3

Active Time 10 minutes

Total Time 20 minutes

Ingredients

1 pound fresh, large asparagus spears at least ½ inch in diameter

1½ teaspoons extra virgin olive oil

¼ teaspoon sea salt

8 twists freshly ground black pepper

Garnish

[Maldon](#) or other flaky or coarse salt

Directions

1. Place an oven rack in its lowest position. Heat the oven to 500 degrees. Line a rimmed baking sheet with aluminum foil or parchment paper. Place the lined pan on the lowest oven rack.
2. Rinse and dry the asparagus spears. Cut off all the white at the bottom, or 1 inch from the bottom of each spear. Then use a vegetable peeler to peel the bottom 2 inches of each spear, revealing the pale greenish-white flesh.
3. In a platter or baking dish, toss the asparagus with the olive oil, salt and pepper until evenly coated.
4. When the oven has reached 500 degrees, arrange the asparagus in one layer on the preheated and lined baking sheet. Return the pan to the oven's bottom shelf.
5. Roast the asparagus for 11-12 minutes depending on the thickness of the spears. After 11 minutes use the tip of a paring knife to test the bottom of a couple of the largest spears. If there is little resistance, remove the roasted asparagus from the oven. Otherwise bake for another minute and check again.
6. Transfer the asparagus, roasted side up, to a serving platter. Sprinkle with flaky or coarse salt and serve.