



“Cheesy” Roasted Asparagus – by mothertuckerskitchen.com

1 bunch asparagus
1-2 Tb ghee or coconut oil
Salt and pepper to taste
Nutritional yeast to taste

Preheat oven to 400 degrees. Trim ends off of asparagus spears and cut in half. Lay cut asparagus on a large baking sheet or baking dish. Drizzle 1-2 Tbsp ghee, salt and pepper over asparagus and toss to coat. Bake for about 15-20 minutes or until fork tender. Sprinkle desired amount of nutritional yeast over the asparagus and serve.