



Dr. Laleh's Asparagreens

Ingredients	Amount
Asparagus	2 Cups (1 inch pieces)
Brussels Sprouts	2 Cups cut in halves
White mushrooms	2 Cups sliced
Fennel seeds	1 TBS
Fresh garlic	5 cloves
Olive oil	1 TBS
Black pepper	2 tsp (more if you like spicy)
Coconut Aminos	2 TBS
Coriander seed powder	1 TBS
Thyme (dried herb)	2 TBS

Preparation

- Wash all vegetables and dry on a kitchen towel.
- Cut Brussels sprouts in halves.
- Cut Asparagus in 1 inch pieces.
- Slice mushrooms into thin slices.
- Put all vegetables in a large bowl.
- Add olive oil and spices and herbs.
- Pre-heat oven at 375F.
- Place vegetables on a baking sheet, spread into a single layer- you may need 2 baking sheets.
- Optional: use silicone baking sheets to avoid sticking.
- Bake for ~45 minutes, checking periodically.
- Once vegetables are baked to your taste, turn on broil.
- Broil them for 3-5 minutes; if more crispy consistency is desired, broil for a few minutes longer.
- Remove from the oven- serve hot with protein of choice.

- Left overs can be stored in the fridge for up to 4 days. First, remove from the oven and allow to cool at room temperature. Then store in glass storage containers.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 64

% Daily Value *

Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 57 mg	2 %
Potassium 328 mg	9 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	14 %
Sugars 2 g	
Protein 3 g	6 %
Vitamin A	12 %
Vitamin C	50 %
Calcium	9 %
Iron	10 %