

CRUNCHY ASPARAGUS

(from the Bewitching Kitchen)

a bunch of asparagus, tough ends removed
olive oil
lemon juice
salt & pepper
Herbes de Provence
1/3 cup almond meal

Heat oven to 425 F.

Mix enough olive oil and lemon juice (half and half) to give enough liquid to coat the asparagus well. Add salt, pepper, Herbes de Provence to the mixture, eye-balling is totally fine.

Place the asparagus on a tray, pour the seasoned olive oil mixture over them, and move to coat well. Place the almond meal in a separate tray, drop the asparagus coated in olive oil over it, move gently to make the almond meal stick to the surface.

Arrange them on a single layer on a baking dish covered with parchment paper or aluminum foil. Roast for 12 minutes, shaking them a bit halfway through.