

Sleep. Love. Eat.

A-List Asparagus

Ingredients:

- 1 pound fresh Asparagus
- 2 Tablespoons melted butter (we suggest butter from grass-fed cows, such as Kerrygold Butter)
- Sea Salt (to taste)
- Fresh Ground Black Pepper (to taste)
- ½ Teaspoon Freshly Grated Nutmeg (pre-ground is okay too)
- 1 whole lemon, zested

Instructions:

- Preheat oven to 415 degrees.
- Break off the bottom ends of the Asparagus spears (about an inch or so will naturally break). Discard the ends.
- Coat Asparagus spears with the melted butter.
- Sprinkle with Sea Salt and Fresh Ground Black pepper, to taste.
- Roast on a baking sheet for 12 minutes (for medium-sized spears - time may vary based on thickness).
- Once the spears are roasted, remove them from the oven and freshly grate the nutmeg over the top (you can use a fine-grate zester for this).
- Next, use the same zester to zest your lemon over the top of the asparagus.
- Gently toss the Asparagus a bit more to even out the lemon and nutmeg flavors.
- Serve. Eat. Enjoy.