

# Balsamic Glazed Roasted Tomato and Asparagus

**Prep Time:** 10 minutes    **Cook Time:** 10 minutes    **Total Time:** 20 minutes

**Servings:** 4 people

Simple roasted asparagus and tomatoes with a slightly sweet balsamic reduction and parmesan.



## Ingredients

- 1 Bunch Asparagus trimmed
- 2 Tablespoons Olive Oil divided
- Salt and Pepper to taste
- 2 Cups Tomatoes heirloom, grape, cut in half
- 1/3 Cup Parmesan Shredded
- Basil fresh, chopped, for garnish
- 1/2 Cup Vinegar balsamic
- 12 teaspoon Sugar

## Instructions

1. In a saucepan over medium heat, whisk together the balsamic vinegar and sugar. Allow to come to a simmer and cook until reduced by 1/3. Set aside to cool.
2. Heat the oven to 400 degrees.
3. Toss the asparagus and tomatoes in the oil, salt and pepper. Place asparagus on one side of a baking sheet and tomatoes on the other to keep the tomato juices from the asparagus.
4. Roast for 10 minutes, remove and place on a platter quickly with the parmesan on top. Drizzle with glaze and serve!

## Notes

Try adding mozzarella cheese to make it extra cheesy!

## Nutrition Facts

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### Amount Per Serving (1 g)

Calories	183	Calories from Fat	81
% Daily Value*			
<b>Fat</b> 9g		14%	
Saturated Fat	2g	13%	
<b>Cholesterol</b>	6mg	2%	
<b>Sodium</b>	140mg	6%	
<b>Potassium</b>	404mg	12%	
<b>Carbohydrates</b>	20g	7%	
Fiber	3g	13%	
Sugar	16g	18%	