

# 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	
Balsamic Glazed Roasted Tomato and Asparagus	
Amount Per Serving (1 g)	
Calories 183	Calories from Fat 81
% Daily Value*	
Fat 9g	14%
Saturated Fat 2g	13%
Cholesterol 6mg	2%
Sodium 140mg	6%
Potassium 404mg	12%
Carbohydrates 20g	7%
Fiber 3g	13%
Sugar 16g	18%