

# ROASTED ASPARAGUS AND RED PEPPERS

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**Makes 4 servings.**

From "Simply Delicious Winning Points Cookbook"  
(Weight Watchers Publishing Group, \$12.95).

## **Nonstick cooking spray**

**1 pound asparagus, trimmed and fibrous stalks peeled**

**1 large red bell pepper, seeded and cut into ½-inch strips**

**1 tablespoon fresh lemon juice**

**1 teaspoon olive oil**

**½ teaspoon salt**

**¼ teaspoon crushed red pepper**

**1 teaspoon grated lemon zest**

■ Preheat the oven to 400 degrees. Spray a nonstick baking sheet with nonstick spray.

■ In a large bowl combine the asparagus and red bell pepper strips. Spray with nonstick cooking spray. Add the lemon juice, oil, salt and crushed red pepper; toss well to coat.

■ Arrange the vegetables on the baking sheet. Bake until tender, shaking the pan occasionally, 15-18 minutes. Transfer the vegetables to a bowl, toss them with the lemon zest and serve.

## **NUTRIENTS:**

■ *Per serving: 45 calories, 29 percent calories from fat, 3 grams protein, 7 grams carbohydrates, 1 grams fat, 0 milligrams cholesterol, 302 milligrams sodium, 2 grams dietary fiber, 0 grams saturated fat.*