



# Recipes

## Greens

### **Asparagus with Roasted Garlic and Onions** (vegan)

*Prep and Cook Time: 40 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 large bulb garlic
- 1 medium red onion
- 1 large bunch asparagus
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon cayenne pepper
- 1 teaspoon fresh thyme
- 1 teaspoon fresh basil
- 1/2 teaspoon sea salt
- 1 teaspoon fresh parsley

#### **Directions:**

1. Preheat oven to 325° F.
2. Cut the top off the bulb of garlic and rub with small amount of olive oil. Wrap with tin foil, leaving the cut top exposed. Roast in oven for 30 minutes.
3. Julienne the onions and sauté over medium heat with olive oil until they start to caramelize, about 10-12 minutes.