

Air Fryer Asparagus

Oshkosh Community YMCA

Crispy air fryer asparagus is a fast, healthy side dish that requires just 7 minutes of cooking and 5 ingredients. Don't skip the Parmesan!

INGREDIENTS:

- 1 pound asparagus
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- ¼ teaspoon dried thyme
- 1 tablespoon freshly grated Parmesan cheese, optional
- Squeeze fresh lemon juice, optional
- Pinch red pepper flakes, optional



INSTRUCTIONS:

1. Snap off the hard, woody ends of the asparagus by gently bending it a few inches from the stem end. The asparagus will naturally snap at the proper place. Discard the stems and place the stalks in a large mixing bowl.
2. Drizzle the asparagus with olive oil, then sprinkle with the salt, pepper, and thyme. Toss to coat.
3. Preheat your air fryer to 400°F. Arrange half of the asparagus in the air fryer basket in an even layer.
4. Air fry for 6 to 8 minutes, tossing once halfway through. If your spears are super thin, start checking at 4 minutes to make sure they don't burn. Repeat with remaining asparagus (if you like, you can keep batches warm in the oven). Sprinkle the Parmesan over the top and toss to coat once more. Serve

hot, with a squeeze of lemon juice and pinch of red pepper flakes as desired.

NUTRITION

SERVING: 1(of 2); without optional toppings CALORIES: 64kcal
CARBOHYDRATES: 9g PROTEIN: 5g FAT: 2g SATURATED FAT: 1g
POLYUNSATURATED FAT: 1g MONOUNSATURATED FAT: 1g
POTASSIUM: 461mg FIBER: 5g SUGAR: 4g VITAMIN A: 1720IU
VITAMIN C: 13mg CALCIUM: 58mg IRON: 5mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.