

# RECIPE FOR roasted garlic asparagus

PREP TIME 5 min

COOK TIME 15 min

SERVES 2

INGREDIENTS

- 1lb Asparagus (or one bunch)
- 2 Garlic Cloves
- Himalayan Salt (to taste)
- Fresh Cracked Pepper (to taste)
- Avocado Oil

NOTES

DIRECTIONS

- Preheat oven to 425 degrees.
- Leave rubber band on bunch of asparagus and cut about 2 inches off the bottoms (leaving the rubber band on lets you cut the whole bunch at once)
- Rinse each stalk free of dirt & pat them dry with a paper towel.
- On a plate or bowl, drizzle generously with olive oil.
- Using a garlic press, crush your cloves of garlic over asparagus and add salt and pepper. Toss everything to coat asparagus evenly.
- Spread on a baking sheet and bake for about 15 minutes.



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# RECIPE FOR roasted purple sweet potatoes

PREP TIME 5 min

COOK TIME 30-40 min

SERVES 2

INGREDIENTS

- 2 Medium Purple Sweet Potatoes
- Avocado Oil
- Himalayan Salt (to taste)
- Fresh Cracked Pepper (to taste)
- Garlic Powder (to taste)

NOTES

DIRECTIONS

- Preheat oven to 425 degrees.
- Cube the sweet potatoes (cutting them into even pieces will help ensure they cook through consistently.)
- Toss with a generous amount of oil. (feel free to get in there with your hands!)
- Spread evenly on a baking sheet
- Stir and turn potatoes on pan every 10 minutes or so.
- Bake around 35 minutes or so (depending on size of your potato cubes) until they are lightly browned and crispy.
- Season with salt, pepper and garlic powder.



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