



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

Oakhurst, NJ  
732.663.0222

Marlboro, NJ  
732.536.2027

Brooklyn, NY  
718.998.8898

Cedarhurst, NY  
516.569.6400

## **ROASTED ASPARAGUS, TOMATOES & ONIONS**

Intermediate Lifestyle

### Ingredients

cooking spray  
3 TSP olive oil, divided  
1 (16-oz.) Package frozen pearl onions, thawed  
½ TSP Splenda  
½ TSP Morton's Lite salt, divided  
3 pounds asparagus  
2 cups grape or cherry tomatoes

### Instructions

1. Preheat oven to 425°. Coat 2 baking sheets with cooking spray.
2. Heat 2 TSP olive oil in a large nonstick skillet over medium-high heat. Add onions and sprinkle with sugar and 1/4 TSP salt. Cook, stirring frequently, until the onions are soft and golden, about 6 minutes. Set aside.
3. Snap off tough ends of asparagus and discard. Combine with remaining 1 TSP oil, and remaining 1/4 TSP salt in a large bowl. Toss to coat. Spread asparagus evenly on prepared pans.
4. Place tomatoes in the bowl that held the asparagus, and toss to coat them in remaining oil and salt. Add onion.
5. Roast the asparagus 10 minutes or until it's brightly colored and still crisp. (Recipe may be prepared to this point up to a day ahead.)
6. Add onion-and-tomato mixture to pans. Cook 5 minutes or until tomatoes are heated.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = 1 cup = 2 V