

Sheet Pan Asparagus and Mushrooms

Asparagus is certainly the sexiest of the spring vegetables. While radishes and green onions and lettuce are all welcome, asparagus is a real treat. Asparagus season is different depending on where you are in Kentucky. But it will definitely start in May and it will last up to 8 weeks.

This vegetable comes in all sizes with a variety of thicknesses. Medium thick asparagus is best for this recipe -- pencil thin asparagus would overcook. Wild mushrooms would be a great substitute for conventional if you have them. Pairing butter with the olive oil also adds another dimension to this recipe.

Ingredients:

2 to 3 tablespoons olive oil, or a mix of olive oil and butter
1 pound medium asparagus
8 ounces sliced mushrooms,
3 large cloves fresh garlic
1/2 teaspoon salt, or to taste
1/4 teaspoon pepper
1/2 lemon



Cooking Instructions:

Heat oven to 425 degrees. Put oil or oil and butter on a 15- by 10-inch sheet pan. Trim asparagus of woody ends. Place on pan with mushrooms and peeled garlic. Use your hands to move vegetables around to coat with oil. Sprinkle with seasonings. Squeeze lemon juice over the top. Bake about 15 minutes, stirring once or twice.

Serves 4.

--Sarah Fritschner, Kentucky Food Writer