The Spring Superfood You Should Be Roasting: Asparagus

2 MIN READ

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Crisp, simple, and rich in fiber, asparagus is one of spring's best functional foods.

When roasted, its subtle sweetness emerges, making it the perfect side dish for any longevity-forward plate. But this isn't just about taste. Asparagus delivers real returns on energy, gut health, and nutrient density—right when your body needs a seasonal reset.

Why You Should Eat Asparagus (Especially in Spring)

Asparagus is loaded with nutrients that support aging on multiple levels:

- **Prebiotic Fiber** – Feeds beneficial **gut bacteria**, which support digestion, immune health, and mood regulation.
- **Folate** – Critical for cellular repair, methylation, and cardiovascular function.
- **Glutathione** – A powerful **antioxidant** that assists in liver detoxification and reduces oxidative stress.
- **Low Glycemic Load** – Won't spike blood sugar, making it a safe bet for metabolic health.

Spring is also the ideal time to eat asparagus. In traditional wellness philosophies and modern detox science alike, spring is considered the **season of liver renewal**.

Asparagus’s sulfur-rich compounds and natural diuretic effects support this phase beautifully.

Roasted Asparagus Recipe

Yield: 4 servings
Serving Size: 4 ounces

Nutrition (per serving):
Calories: 26 kcal | Carbohydrates: 5 g | Protein: 2.5 g | Sodium: 2 mg | Fiber: 2.5 g | Sugar: 2 g

Equipment:

- Sheet pan

Ingredients:

- 1 bunch fresh asparagus, about 18 ounces
- Olive oil spray
- Kosher salt, to taste (about 1/2 teaspoon)
- Fresh black pepper, to taste

Instructions:

1. **Preheat the Oven:** Set your oven to 400°F (205°C). This temperature helps the asparagus become tender while creating caramelized edges.
2. **Prepare:** Rinse the asparagus in cold water and pat dry with a towel. Trim 1–2 inches off the bottom, or bend the stalks to snap off the woody ends naturally.

3. **Season:** Lay the asparagus on a baking sheet. Lightly coat with olive oil spray, then season with kosher salt and freshly ground black pepper.
4. **Arrange for Roasting:** Spread the spears out in a single layer, with space between each one so they roast instead of steam.
5. **Roast:** Bake for 10–15 minutes, until the spears are crisp-tender and lightly golden. Thinner stalks may need less time, so check early.

Optional Finish

Before serving, squeeze a little lemon juice over the top for brightness or add a sprinkle of grated Parmesan for a savory upgrade.

This is seasonal longevity at its simplest: whole food, minimal fuss, maximum benefit. Enjoy it often—and let your cells thank you later.

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