



## Pan Roasted Asparagus

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*serves 3 to 4*

1 pound of fresh asparagus, trimmed, washed and well-dried

2 tablespoons olive oil

salt and freshly ground black pepper, to taste

2 tablespoons freshly grated Parmesan cheese, optional

Heat a small, cast iron skillet over high heat until it is almost smoking. Add the asparagus to the dry skillet, stirring it occasionally, until it begins to brown but is still crisp. Remove the skillet from the heat, drizzle the olive oil over the asparagus, season with salt and pepper and sprinkle it with the cheese if desired. Serve immediately.