



# Turkey Bacon-Wrapped Asparagus

Makes 8 servings

## Ingredients

40 spears of trimmed asparagus  
8 slices of low-sodium turkey bacon  
1 teaspoon olive oil

1 dash pepper  
½ teaspoon garlic powder  
½ teaspoon onion powder

## Instructions

1. Toss asparagus in olive oil.
2. Sprinkle pepper, garlic powder and onion powder evenly across asparagus spears.
3. Wrap five spears in a slice of bacon.
4. Use a toothpick to hold bacon if needed.
5. Repeat until all spears and bacon slices are used.
6. Roast in the oven at 350 degrees or on the grill for 10 minutes.

## Nutrition Facts

Serving Size: 1 bundle; Calories: 46; Total Fat: 2.5g; Saturated Fat: 0.6g; Cholesterol: 10mg; Sodium: 75mg; Total Carbohydrates: 3.0g; Dietary Fiber: 1.5g; Protein: 4.0g; Sugars: 1.5g

