



Grilled Asparagus

Some serving suggestions include a lemon wedge and/or some grated parmesan

U.S.

1 lb	Asparagus, washed, trimmed
1 Tbsp	Olive Oil
1/4 tsp	Salt, Kosher
To taste	Black Pepper, ground

Metric

455 g
15 mL
1.5 g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill to medium-high heat, around 400°F (200°C).
3. Rub the asparagus with the olive oil, salt and pepper and place on the grill. Cook the asparagus until tender and crisp, about 5-6 minutes.

Nutrition Facts

Serving size 1/4 cup
Servings 8

Calories 27
Calories from Fat 14

Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	75 mg
Carbohydrates	2 g
Dietary Fiber	1 g
Sugars	1 g
Protein	1 g
Vitamin A	42 %
Calcium	2 %
Vitamin C	5 %
Iron	7 %
Phosphorus	30 mg
