



Grilled Asparagus

Makes 6-8 servings. Recipe from Coastal Living Magazine.

Ingredients

2 pounds asparagus, trimmed
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 teaspoon lemon zest
Garnish: lemon slices, halved

Nutritional info per serving

Calories:	43
Total fat:	2g
Cholesterol:	0mg
Sodium:	169mg
Total Carbs:	5g
Dietary Fiber:	3g
Protein:	3g
Iron:	3mg

Directions

1. Preheat grill or grill pan to medium-high heat (300° to 350°). Toss asparagus spears with olive oil, salt, pepper, and lemon zest.
2. Grill asparagus, turning occasionally, 5 to 8 minutes or until crisp-tender. Transfer asparagus to a serving tray. Garnish, if desired.
3. Serve warm or chilled.