



Grilled Asparagus

Source: Cooking with Extension / **Yield:** 4 servings; 84 Calories per serving. Total fat 7g; Protein 3g; Total carbohydrate 5g; Dietary fiber 3g, Sodium 584mg.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon lemon juice
- 1 pound fresh asparagus

DIRECTIONS:

1. Combine first four ingredients and whisk well to make a marinade.
2. Trim the asparagus to remove tough, woody ends.
3. Cover asparagus with marinade and let sit for 20 minutes.
4. Remove asparagus from marinade and drain. Save marinade.
5. Grill over medium-high heat.
6. Turn asparagus often and baste occasionally with reserved marinade. The asparagus is done when it feels tender.