

## Balsamic Grilled Asparagus



Grilled asparagus makes a good appetizer for dipping in aioli, tossing in salads, or serving as a side dish to accompany grilled meats.

**Difficulty:** Easy

**Hands-on:** 15 minutes

**Total:** 15 minutes



**Serves:** 4

### Ingredients

- 1 bunch fresh asparagus
- 2 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 tsp. salt
- ½ tsp. ground black pepper

### Directions

- Step 1**  
Bend one asparagus stalk near the cut end until it snaps. This will find the natural breaking point of the asparagus. Using the snapped asparagus as a guide, measure and cut the other stalks at the same place and discard the woody ends, saving the parts with the tips on them.
- Step 2**  
Heat an outdoor grill, an indoor grill, or an indoor grill-pan with ridges over medium heat. Toss asparagus with oil, vinegar, salt, and pepper.
- Step 3**  
Grill for about 5 minutes, until tender and tips are crisp. Serve warm or chilled.

### Nutrition info:

4 servings.

Amount per serving:

Calories 93  
Total Fat 7.3g  
Saturated Fat 1.1g  
Polyunsaturated Fat 0.9g  
Monounsaturated Fat 5.0g  
Cholesterol 0.0mg  
Sodium 3.9mg  
Potassium 366 mg  
Total Carbohydrate 6.6g  
Dietary Fiber 2.8g  
Sugars 2.5g  
Protein 3.1g