

GRILLED ASPARAGUS

Yield: 4 Servings (7 spears per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1 bunch (about 1 lb.) asparagus, trimmed
- 1 Tbsp. Wegmans Basting Oil
- Salt and pepper to taste

PREPARATION

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Toss asparagus and basting oil in medium bowl; season to taste with salt and pepper.
3. Reduce heat to medium. Grill 3–5 min., turning frequently, until tender.

NUTRITION

Per serving: 50 Calories; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 6 g; Protein: 3 g; Sodium: 0 g.

Recipe courtesy of Wegmans