

Grilled Asparagus



Ingredients:

- 1 bunch asparagus
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves
- 1 teaspoon coarse-ground salt
- Pepper, to taste
- 2 tablespoons parmesan cheese

Directions:

1. Snap off thick, tough ends as needed. Rinse asparagus and pat dry.
2. Combine all ingredients except parmesan cheese in a plastic zipper bag. Add asparagus.
3. Let sit for 15 minutes.
4. Preheat grill for 5 minutes or longer.
5. Grill asparagus for 5-6 minutes, turning once.
6. Remove the asparagus from the grill and sprinkle with parmesan cheese before serving.

Makes 4 servings.



Tarrant County Public Health
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