

Grilled Asparagus Recipe



How to Trim Asparagus: The cut ends of the asparagus can be tough. They must be removed. To do this:

1. Hold the asparagus in your left hand, with your thumb pointing towards the cut end, a little farther than halfway down the stalk.
2. Grab the bottom of the stalk with your right hand about an inch or so from the bottom of the cut end.
3. Bend the stalk until it snaps. Discard the piece in your right hand. (You can use it to flavor soups or sauces, remove or strain out before serving).
4. Trim the cut ends on a bias for a nicer presentation. (See the picture on the next page.)



- 1 Bunch asparagus
- Extra virgin olive oil
- Salt and pepper
- 1 lemon

1. Light and heat your grill for medium to medium high direct grilling.
2. Wash and dry the asparagus on paper towels
3. Trim the asparagus. See instructions above.
4. Lay the asparagus on a large baking sheet and drizzle with the olive oil. Season with salt and pepper.
5. Wash and dry the lemon. Cut it in half.
6. Scrape or brush your grill grates clean.
7. Grill the asparagus 4-6 minutes or until hot and slightly charred, turning every minute or so. Be careful to keep the tips away from the hottest part of the fire. Grill the lemon halves while your grilling the asparagus.

How To Serve Grilled Asparagus

When the asparagus is cooked to your liking, remove and place on a serving platter, along with the lemon halves. You can squeeze the warm, grilled lemon juice over the asparagus and serve at once. Or, you can let each person add the lemon juice to their taste.

Enjoy!