

Grilled Garlic Asparagus

Ingredients: Serves 4

- 1 bunch asparagus, washed
- 2 garlic cloves, minced
- 2 tbs olive oil
- Salt and pepper to taste

Directions:

- 1) Cut off the woody ends of the Asparagus, setting off to the side.
- 2) Preheat the grill
- 3) Toss the Asparagus spears (tops) in the olive oil, garlic, salt, and pepper until the spears are well coated
- 4) Lay the asparagus crosswise over the grill: close the grill and cook for about 5 minutes. After this time, rotate the spears to keep them from burning. Cooking time depends on how large/thick the asparagus spears are and how hot the grill is.
- 5) Cook for about 3 more minutes until spears are soft.

Serving Tip: add 2 to 3 tablespoons of fresh, shredded Parmesan cheese once spears are pulled off grill to enhance flavor. Serve warm as a side dish.

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**Nutrition per serving:
(Without Parmesan)**

71 Calories

7 g fat

45 mg sodium,

2 g Carbohydrates

0 g Sugar

1 g Protein

