

Grilled Asparagus

Something magical happens to asparagus once it's grilled. It becomes both sweet and smokey at the same time. Many recipes pan-fry asparagus. This version adds a faint char which allows you to eat your charcoal binder rather than take it as a supplement. A win-win!

If you're feeding more than 2 people, I highly recommend doubling this recipe because the spears seem to disappear into thin air when you turn your back. ;)

SUPPLIES

1 gallon resealable bag
Outdoor grill

INGREDIENTS

1 bunch organic asparagus
2 tablespoons cold-pressed, organic olive oil
Seasoning of choice (my family likes Spike)

DIRECTIONS

1. Rinse and trim asparagus by breaking ends off by hand (remember to compost the woody ends)
2. Place trimmed asparagus in resealable bag
3. Drizzle olive oil over asparagus
4. Shake seasoning of choice over asparagus "with wild abandon"
5. Seal bag and mix thoroughly
6. Marinate for a minimum of 15 minutes. Can be prepped ahead and stored in the refrigerator overnight.
7. Grill on medium-high heat 3-4 minutes per side
8. Enjoy hot from the grill