



BBQ Asparagus

You'll Need: Tongs, a Barbecue

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredient	Amount for 4 Servings
Asparagus	1 lb
Olive Oil	Enough to lightly coat asparagus
Salt	To taste
Pepper	To taste

Method:

Step 1: Slice woody ends of asparagus

Step 2: Lightly coat asparagus with olive oil.

Step 3: Season lightly with salt and pepper

Step 4: Place asparagus on grill and grill for 3 minutes, or whenever cooked to desired tenderness. Use medium-high heat.

Nutrients per Serving:

Calories: 50 kcals

Fat: 3g

Sodium: 2mg

Carbohydrates: 4g

Fiber: 2g

Protein: 2g

