



# Grilled Asparagus

4 servings

## INGREDIENTS

- 1 pound, fresh asparagus spears, trimmed
- 1 T. olive oil
- Salt and pepper to taste
- 4 lemon wedges (optional)

## DIRECTIONS

1. Trim asparagus by removing the woody end. To remove the woody end, cut off an inch from the base of each stalk, then using a vegetable peeler, peel off the woody exterior of the lower third of the stalk to get to the tender heart.
2. Wash asparagus and pat dry with a clean paper towel. Transfer to plate.
3. Drizzle asparagus with olive oil and lightly toss. Season with salt and pepper to taste.
4. Grill over medium high heat for 2-3 minutes, or desired tenderness.
5. Serve with lemon wedge (optional)



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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.