



## Grilled Asparagus

*This recipe can be used for any vegetable. Summer Squash, Zucchini, Onions, Peppers, and Tomatoes can be added to or substituted for the Asparagus. Use as many salt-free seasonings as you like. Basil, Garlic, Lemon Juice, Oregano, Sesame, & tarragon are good choices.*

### **Ingredients:**

- 2 lbs Fresh Asparagus
- 4 T Balsamic Vinegar
- 2 T Olive Oil
- ½ t Minced Garlic, or 1 Clove Garlic
- 2 t Mrs. Dash Onion & Herb Seasoning
- 1 Gallon-size Ziploc bag

### **Directions:**

Prepare Asparagus by slicing about an inch off of the bottom end. Mix Balsamic Vinegar, Olive Oil and Seasonings in bag. Add Asparagus, mix well turning several times to allow seasonings to coat. Let marinate for 1-2 hours in the refrigerator.

Light grill. You can use a special grilling piece designed for vegetables or fish. Another option is to place the marinated vegetables on a piece of aluminum foil or place directly on the grill. If on the grilling piece or grill, you will need to rotate the vegetables frequently to prevent charring. Allow them to cook until desired tenderness. This usually takes 10-15 minutes. **Serves 4.**

### **Nutrition Facts Per Serving (1.5 cup Serving):**

Calories	100	Saturated Fat	<1 gm	Carbohydrate	10 gm
Fat	6 gm	Sodium	10 mg	Fiber	5 gm

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