

Simple Spring Asparagus

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A simple spring side, fresh asparagus needs very little to dress it and cooks up quickly. This recipe calls for grilling the asparagus, but if you don't have a grill, you can use the oven instead.

Makes: 4 servings Serving Size: 4-5 spears

Ingredients

- 1 pound asparagus, with tough ends removed by cutting or snapping
- 1 tablespoon olive oil
- ¼ teaspoon salt

Instructions

1. Preheat your grill for high, direct heat.
2. Coat asparagus with olive oil and salt by mixing them all together in a pan.
3. Grill the asparagus spears for 5-10 minutes, turning every few minutes so that they brown evenly.
4. Once fork tender, remove from grill and serve.

Heather's Healthy Hints:

If you have leftovers, add them to a salad or cut up and put into an omelet.