



# Grilled Asparagus

Yield: 4-6 servings

Serving size: 1 cup

## Ingredients

1 bunch (~1lb)	Asparagus
1 Tablespoon	Olive oil (or canola)
½ teaspoon	Garlic powder
¼ teaspoon	Black pepper
½ each	Lemon, juiced

## Equipment

- Chef knife
- Cutting board
- Grill pan
- Tongs

## Method

1. Heat a grill or grill pan to medium-high heat
2. To prep asparagus, remove woody ends, then toss with olive oil, pepper, and garlic powder
3. Place on preheated grill or grill pan and cook until tender for 5-8 minutes, only turning once marks have formed
4. Serve with a drizzle of lemon juice

## Helpful Tips

- If using a skillet, cook for 6-8 minutes
- Asparagus can be trimmed by snapping it at the ends
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