

# Grilled Asparagus



## *How to grill asparagus*

### **Directly on the grill**

- 1) Prepare asparagus: Rinse, then trim tough ends of asparagus
- 2) Toss spears with olive oil to lightly coat
- 3) Season with salt and pepper (optional)
- 4) Cook on preheated, lightly oiled grill, turning often until lightly charred and fork tender, 4-8 minutes

### **Wrapped in foil**

Follow steps 1-3 above. Add any additional seasonings you like.

Wrap securely in foil.

Place foil packet on 400 degree preheated grill. Cook for 10-15 minutes depending on the thickness of the spears.

### **With Lemon & Dill Dressing**

for 3-4 pounds fresh asparagus, grilled or roasted

Make dressing:

- 3-4 Tbs olive oil
- 2 Tbs freshly-squeezed lemon juice, (1/2 large lemon)
- 2 Tbs minced green onion
- ½ teaspoon salt (or to taste)
- ¼ teaspoon dried dill weed or 3/4 teaspoon fresh dill weed
- Freshly ground black pepper

Mix all dressing ingredients and toss with asparagus.

This dressing is also good on fresh green beans. Serve warm or chilled.

### **With Walnut Charmoula**

for 3-4 pounds fresh asparagus, grilled or roasted

Topping:

- 1 1/2 tsp cumin seeds, toasted and ground
- 1/2 cup finely chopped walnuts or pecans, toasted
- 1/2 finely chopped parsley
- 1 green onion, minced
- 3 Tbs. Olive oil
- 1 Tbs. grated lemon zest
- 1 tsp. sweet paprika
- 1/2 tsp. ground turmeric

Mix all ingredients together.

Spoon Walnut Charmoula over grilled/roasted asparagus. Also delicious on fish, poultry, or meat.