



Grilled Asparagus Spears

Makes 4 servings

Ingredients

One bundle of asparagus (16 spears)
½ tablespoon salt
½ tablespoon pepper
2 tablespoons extra-virgin olive oil



Instructions

Cut bottoms from asparagus spears. Put in bowl and mix with salt, pepper and olive oil. Place on a hot grill until the spears begin to get charred; serve.

Nutrition Facts

Serving Size: 4 spears; Calories 11; Total Fat 0.0g; Saturated Fat 0.0g; Cholesterol 0mg; Sodium 8mg; Total Carbohydrates 1.0g; Dietary Fiber 1.0g; Protein 2.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina