

Grilled Asparagus

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat grill over medium-low heat.
2. Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Notes

No Grill

Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.

Ingredients

- 3 cups** Asparagus (woody ends trimmed)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt (or more to taste)