



Grilled Asparagus with Balsamic Vinaigrette

(Makes 4 servings)

Ingredients:

- 1 pound asparagus, bottoms trimmed
- 2 tablespoons olive oil, divided
- 2 tablespoons balsamic vinegar
- 1 tablespoon shallot, minced

Directions:

1. Preheat an outdoor grill for high heat.
2. Lightly coat the asparagus with 1 tablespoon of the oil.
3. Grill over high heat for 2 to 3 minutes, or to desired tenderness.
4. In a small bowl, whisk together remaining oil, balsamic vinegar and shallots.
5. Arrange asparagus on a platter and drizzle vinaigrette over spears.

NUTRITION FACTS: Serving Size: 1/4 of recipe (123 g) Servings Per Recipe: 4
Amount per serving: Calories 88/Calories from fat 63/ Total Fat 7 g/
Saturated Fat 1 g /Cholesterol 0 mg/Sodium 3 mg

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