

# Grilled Asparagus

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 1 pound asparagus
- 1 tablespoon canola oil or virgin coconut oil, melted
- 1 tablespoon balsamic vinegar (optional)
- Salt and pepper to taste

## Directions

1. Preheat grill. Rinse asparagus and snap off woody ends (you can save them for stock if you want).
2. Lightly coat asparagus with oil and balsamic vinegar, and season with salt and pepper to taste.
3. Grill over high heat for 5-10 minutes, or to desired tenderness.

## Notes

- Thread asparagus through bamboo skewers to make them easier to flip and to make sure they don't fall through the grates.

Recipe from Cook Well Berkeley: Spring Recipes, Spring 2014