

Grilled Beets & Asparagus



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- Beets, peeled and sliced into ¼ inch pieces
- Asparagus spears, trim white end
- Olive oil to brush, drizzle or toss
- Salt to taste
- Balsamic vinegar (optional)

Directions

1. Heat a grill pan over medium heat.
2. Brush, drizzle or toss beets and asparagus with olive oil and place on hot grill. Cook until slices are golden brown, about 5-7 minutes (beets), 2-3 minutes (asparagus) on each side.
3. Sprinkle with salt/or balsamic vinegar to taste (optional).

Recipe from Cook Well Berkeley: Spring Veggies, Spring 2011