

Grilled Asparagus & Green Onions

Courtesy of Carole's Creations

Prep Time: 8 minutes

Cooking Time: 8 minutes

Serves: 4

CChints: Asparagus can come in sizes from young sprouts that are the size of a pencil to ones that are a big around as your thumb. The ends need to be trimmed and to find the best place to cut, hold the cut end in one hand and the stalk in the other. Bend the cut end down and see where it breaks, that is where you cut. That breaking point is where the tuff stalk meet the tender meat of the asparagus.



1 pound of Asparagus or 4 servings, ends trimmed

1 bunch of green onions or 2 green onions per person, root ends cut off and green tips trimmed

1 Tablespoon olive oil

1/2 teaspoon salt

Dash of fresh black pepper

Lay the vegetables in a long plate or container, separated. Toss in the oil to coat and sprinkle with salt and pepper.

Preheat the grill to medium heat or about 400 degree F. You will want to cook the asparagus first because they take longer to cook. When the grill is hot, place the asparagus on the grill for about 8 minutes or until they are limber, rolling over on the green every minute or so. Add the onions to the grill for 3 minutes or until they are limber and begin to brown. Remove both from the heat and transfer to a serving platter.

To plate, add the asparagus to each plate and drape the green onions over the top of the meat, chicken or fish you are serving.