



Grilled Asparagus

This is a great summer side. It also works well using a Foreman grill if you can't use an outdoor grill.

Yield: 4 servings

Ingredients

- 1 lb. asparagus, trimmed
- 1-2 TB. olive oil
- 1/2-1 tsp. kosher salt, to taste
- 1/8 tsp. pepper

Directions

1. Preheat grill to high.
2. Toss trimmed asparagus with olive oil, salt and pepper.
3. Adjust grill to medium high. Place asparagus on grill. Flip after 2-4 minutes per side until golden. It should take less than 10 minutes for all of the asparagus. Serve while hot. Shaved Parmesan or asiago is also a nice addition before serving.
4. Serve warm or cold with garlic mayo dipping sauce if desired.



Garlic Mayonnaise Dipping Sauce (Aioli)

This mayo is great on sandwiches too!

Ingredients:

- 1 cup low fat mayonnaise
- 3 large cloves of garlic, minced
- 1 teaspoon of freshly squeezed lemon juice
- Salt and pepper, to taste
- Fresh parsley, chopped (optional)

Directions:

1. Blend all ingredients in small bowl, stirring to combine.
2. Chill in refrigerator at least an hour, or overnight for flavors to blend.
3. Garnish with fresh chopped parsley, if desired, before serving.