

Outdoor Asparagus

Yield: 6 servings

Ingredients:

3 garlic cloves, peeled and crushed.

1/4 cup olive oil

1½ pounds fresh asparagus

2 tablespoons fresh-squeezed lemon juice

salt and freshly ground black pepper to taste

Procedure:

Place garlic pieces in the olive oil to infuse it with garlic essence. Wash asparagus, trim woody base from each spear and peel off scales. If asparagus is pencil sized, no peeling is necessary. Prepare gas grill or charcoal barbecue so that the temperature reaches a medium-high heat (about 375 F).

Discard garlic pieces, drizzle olive oil over asparagus and place asparagus on the grill. Grill asparagus, turning frequently, until it is tender and beginning to brown, about 5 minutes. Transfer to platter, drizzle with lemon juice, and sprinkle with salt and pepper to taste. Serve immediately, perhaps with a New York strip steak and au gratin potatoes.

about 110
calories and
9 grams of fat
per serving
(one-sixth of the
recipe)

About 75 percent of the fat in a serving of Outdoor Asparagus is in the monounsaturated form, which has been shown to be more heart healthy than other types of fat. In fact in the Mediterranean Food Guide Pyramid, there's a recommendation for olive oil in the daily diet.

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