



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Balsamic Grilled Asparagus



1 lb. asparagus  
1/2 Tablespoon olive oil  
1/2 Tablespoon balsamic vinegar  
Salt and pepper to taste  
1 Tablespoon shredded Parmesan cheese

Instructions: Preheat grill to medium-high heat. Wash and snap off tough ends of asparagus. Lay asparagus on a shallow dish. Drizzle with olive oil and balsamic vinegar. Sprinkle with salt and pepper. Using clean hands, toss well to coat. Lay asparagus on hot grill grate and grill 2-4 minutes on each side or until tender-crisp. Transfer asparagus to serving platter and sprinkle with Parmesan cheese.

*Yield: 4 servings*

**Nutrition Facts (per serving):** 50 calories, 2.5 grams fat, 170 milligrams sodium, 5 grams carbohydrate, 2 grams fiber, 3 grams protein