



## Grilled Asparagus Salad

2 Servings • 1 Serving = 6 Ounces Asparagus with 1 Egg

### INGREDIENTS

- 12 ounces fresh asparagus
- 2 Tablespoons extra virgin olive oil, divided
- ¼ teaspoon salt
- Pinch of freshly ground black pepper
- 3 Tablespoons lemon juice
- 2 hard boiled eggs, peeled and chopped
- 1 Tablespoon parmesan cheese, shredded

### DIRECTIONS

1. In a large bowl, toss asparagus with 1 Tablespoon olive oil. Sprinkle with salt and pepper.
2. For a charcoal grill, place asparagus spears crosswise on the rack of an uncovered grill directly over medium coals. Grill for 5 to 7 minutes or until asparagus is crisp-tender and slightly charred all over, turning occasionally. For a gas grill, preheat grill. Reduce heat to medium. Place asparagus spears crosswise on grill rack over heat. Cover and grill as above.
3. Transfer asparagus to serving platter. Drizzle with lemon juice and remaining olive oil.
4. Sprinkle with chopped eggs and cheese.

### Nutrition Facts

2 servings per container  
**Serving size** 6 Ounces  
Asparagus with 1 Egg

Amount per serving  
**Calories** 250  
% Daily Value\*

**Total Fat** 20g 26%  
Saturated Fat 4g 20%  
Trans Fat 0g

**Cholesterol** 190mg 63%

**Sodium** 400mg 17%

**Total Carbohydrate** 10g 4%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 1mcg 6%

Calcium 95mg 8%

Iron 1mg 6%

Potassium 511mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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