



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### GRILLED ASPARAGUS

**Time: 10 minutes**

**Serves: 4**

**Ingredients:**

1 bunch asparagus  
1 tablespoon olive oil  
1/8 teaspoon Kosher salt

**Preparation:**

Preheat your barbecue grill on high.

Peel the asparagus stalks with a vegetable peeler to remove any woodiness from the texture.

Drizzle on the olive oil then sprinkle with the salt.

Rub the asparagus spears together to evenly distribute the salt and oil.

Place on the BBQ grill and cook for three minutes on each side.

Remove from the heat and serve.

**Nutritional Information Per Serving:**

Calories: 107  
Fat: 10g  
Carbs: 4g  
Fibre: 2g  
Protein: 2g