

# Steaming on a Grill?



## Steam Grilled Asparagus

*Serves: 4 | Serving Size: 1 cup*

### *Ingredients:*

1 pound asparagus  
1 tsp olive oil  
Pinch of sea salt  
Black pepper to taste

### *Directions:*

Heat a nonstick grill pan over high heat.

Add the olive oil and the asparagus and sear for about a minute.

Cover the pan and lower the heat to medium, steaming the asparagus for another minute.

Season with salt and pepper and serve hot.

### *Nutrition Information:*

Serves 4. Each 1-cup serving has 23 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, and 1 g protein.

Each serving also contains 10% DV vitamin A, 6% DV vitamin C, 1% DV calcium, and 5% DV iron.

### *Chef's Tips:*

Using a grill pan with a cover is a delicious way to prepare asparagus. It makes the asparagus crisp and tasty while preserving its delicate flavor.

I especially like to use Fleur de Sel to finish this dish.

You can also garnish the asparagus with freshly grated Parmesan cheese.

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