

Grilled Marinated Asparagus with Gremolata

This grilled marinated asparagus is a quick and easy side dish enhanced by the addition of a simple, yet tasty, Italian gremolata. Traditionally, gremolata consists of just three ingredients - fresh parsley, garlic, and lemon zest – and is used to top meat, poultry, and seafood. Here, a bit of preserved lemon rind is added for an additional pop of flavor.

Tip: For easier turning (and to prevent asparagus from falling through the grill grates), thread two pre-soaked wooden skewers through several spears lined up side by side to hold them together.



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Prep time: 5 minutes + time to marinade

Cook time: 6-8 minutes
Serves: 4

Ingredients:

1 lb. fresh asparagus, trimmed
1 T. extra virgin olive oil
1 T. balsamic vinegar
1½ t. Mediterranean-spiced sea salt*
Black pepper, to taste
2 whole lemons, cut in half
Shaved Parmesan cheese, to serve (optional)

Gremolata:

¼ c. fresh parsley leaves, washed, dried thoroughly, and finely chopped
1 t. organic lemon zest
2 t. preserved lemon rind, rinsed and finely chopped
1 large clove garlic, grated
Sea salt and black pepper, to taste

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Directions:

1. Place asparagus in a wide, shallow bowl and drizzle with olive oil and balsamic vinegar. Season with Mediterranean-spiced sea salt and black pepper, to taste. Gently toss to combine and set aside for 15-20 minutes to marinade.
2. Prepare the gremolata by combining all ingredients in a small bowl. Season with salt and black pepper, to taste, and set aside.
3. Spray grill grates with non-stick cooking spray and preheat grill to medium-high. Place asparagus and lemon halves over direct heat and grill for 3-4 minutes per side, or until they are crisp tender.
4. Remove from heat and transfer to a serving dish. Top with gremolata and serve immediately with grilled lemons for squeezing and shaved Parmesan cheese, if desired. Enjoy!

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“It’s not enough to eat veggies and do yoga. You also must work on healing the stress and anger in your life.” – Karen Salmansohn

