

GRILLED ASPARAGUS

1 POUND ASPARAGUS

3 TBLS. BALSAMIC VINEGAR

2 TBLS. FRESH LEMON JUICE

1 TBLS. OLIVE OIL

1 TBLS. SOY SAUCE

1/8 tsp. BLACK PEPPER

2 tsp. DIJON MUSTARD

COOKING SPRAY

GRATED PARMESAN/ ROMANO CHEESE TO FINISH



PREPARE GRILL. SNAP OFF TOUGH ENDS OF ASPARAGUS. COMBINE ALL INGREDIENTS EXCEPT COOKING SPRAY AND GRATED PARMESAN/ROMANO CHEESE IN A LARGE ZIP TOP BAG, SEAL AND MARINATE 30 MINUTES TO 1 HOUR. DISCARD MARINADE. PLACE ASPARAGUS ON GRILL RACK COATED WITH COOKING SPRAY; GRILL 5 MINUTES ON EACH SIDE UNTIL ASPARAGUS IS DONE. TOP WITH GRATED CHEESE.

YOU MAY ALSO BAKE ASPARAGUS IN A PREHEATED 450 DEGREE OVEN FOR ABOUT 5 MINUTES PER SIDE.