

Ingredients

- 2 pounds fresh asparagus
- Avocado oil spray
- Balsamic glaze
- 1 fresh lemon, sliced
- Salt

Prep

Prep work:

1. Be sure to chose thin, uniform stalks of asparagus. They take less time to cook and have a better texture.
2. Cut the woody ends off the stalks. I like to bend them and let them snap by themselves. This assures that the tough ends are all removed. Trim any rough ends.
3. Line your baking dish or grilling pan with aluminum foil and preheat before adding the veggie. The grill marks add a ton of flavor to the asparagus.

Baking:

1. Preheated to 425 degrees.
2. Place your foil lined pan in the oven for 5 minutes. Note: You will want the asparagus to sizzle when it hits the foil.
3. Spray the asparagus with the avocado oil, and toss to coat on all sides. Season generously with salt.
4. Remove pan from oven and place the spears on the foil and spray lightly with oil.
5. Bake at 425 degrees for five minutes.
6. Remove from oven and turn the spears ensuring all sides are charred.
7. Add lemon slices and bake until the asparagus is tender.

Grilling:

1. Preheat the grilling pan in the grill.
2. Add the salted and oiled asparagus to the preheated grilling pan.
3. Place on grill and close the lid.
4. Bake until lightly charred. Turn the spears and close the lid and bake several minutes.
5. Turn spears and add the fresh lemon slices.
6. Cook until spears are tender.

Directions

Balsamic Glazed Asparagus

