

MARKET STREET™

Grilled Asparagus

1 pound asparagus
3 tablespoons balsamic vinegar
2 tablespoons fresh lemon juice
1 tablespoon olive oil
1 tablespoon low-sodium soy sauce
1/8 teaspoon black pepper
Cooking spray

Prepare grill.

Snap off tough ends of asparagus. Combine all ingredients except cooking spray in a large zip-top plastic bag; seal and marinate for 30 minutes. Remove asparagus from bag, and discard marinade. Place asparagus on grill rack coated with cooking spray; grill 5 minutes on each side or until asparagus is done.

Yield: 4 servings

Nutritional analysis per serving: calories 60, calories from fat 35, total fat 3.5g, saturated fat 0.5g, trans fat 0g, cholesterol 0mg, sodium 140mg, total carbohydrate 7g, dietary fiber 2g, sugars 4g, protein 3g, vitamin A 15%, vitamin C 15%, calcium 2%, iron 15%

Source: Cooking Light magazine