

# Grilled Asparagus with Balsamic Vinegar



## Ingredients

- ½ cup olive oil
- 2 Tbsp soy sauce
- 2 Tbsp balsamic vinegar
- ½ tsp salt
- ½ tsp ground black pepper
- 2 1/8 oz asparagus

**Prep Time:** 50 minutes  
(including time for marinating)

**Cook Time:** 15 minutes

## Directions

1. Whisk olive oil, soy sauce, balsamic vinegar, salt, pepper in a large bowl.
2. Toss asparagus in soy sauce marinade. Marinate for about 45 minutes.
3. Pre-heat grill for medium heat and lightly oil the grate.
4. Remove asparagus from marinade, shaking off excess.
5. Grill asparagus on pre-heated grill until tender, 10-15 minutes, brushing asparagus with marinade.
6. Transfer cooked asparagus to a platter and allow to cool with any remaining marinade.

## Nutritional Information

Calories .....	147 calories
Total Fat.....	14 g
Saturated Fat .....	0 g
Cholesterol .....	0 mg
Total Carbohydrate.....	6 g
Dietary Fiber .....	2 g
Sugar .....	0 g
Protein .....	1 g
Sodium .....	381 mg
Potassium .....	121 mg