



## Grilled Asparagus

### with homemade mayonnaise



Recipe From Chef Laurent Zirotti

#### Ingredients



- 1 small bunch of asparagus
- 1 T. olive oil
- S & P to taste
- 1 egg yolk
- 1 t. Dijon mustard
- ½ cup of oil-canola, corn or olive oil
- ½ T. fresh lemon juice
- Salt & Pepper to taste



#### Directions



- Cut or crack the last part of the asparagus that are too tough-and discard that portion.
- Toss the asparagus in a bowl with olive oil and seasonings.
- Place on a sheet pan and bake or broil for about 10 minutes.
- Serve warm and top with the homemade mayonnaise.
- Combine the egg yolk and mustard in a bowl, whisking slowly as you add the oil to emulsify.
- Add the lemon juice and salt and pepper. Taste! Top the asparagus and serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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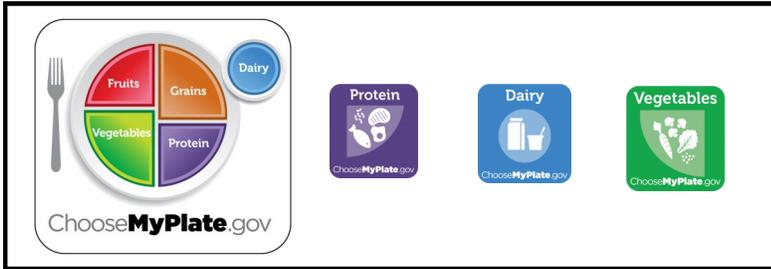
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- .For oil, use olive, canola, or corn
- Add salt and pepper to taste
- Try white ground pepper for some extra flair

## Nutrition Facts



Grilled Asparagus with Homemade Mayo	
<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>202.5</b>
<b>% Daily Value*</b>	
<b>Total Fat</b>	21.2 g 27 %
Saturated Fat	1.9 g 10 %
Trans Fat	0.1 g
<b>Cholesterol</b>	26.4 mg 2 %
<b>Sodium</b>	29.2 mg 1 %
<b>Total Carbohydrate</b>	2.7 g 1 %
Dietary Fiber	1.2 g 4 %
Total Sugars	0.9 g
Added Sugars	- g - %
<b>Protein</b>	1.8 g
Vitamin D	0.1 mcg 1 %
Calcium	16.9 mg 1 %
Iron	0.6 mg 3 %
Potassium	135.4 mg 3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full Info at <a href="http://cronometer.com">cronometer.com</a>	

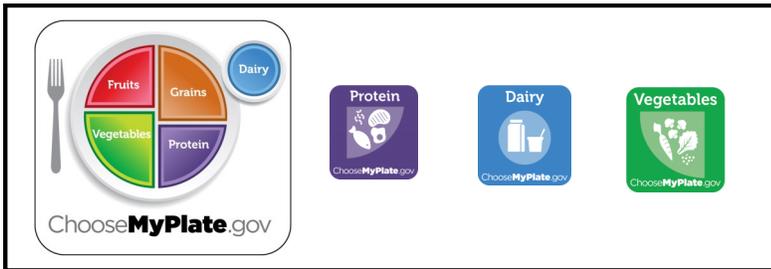
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