



# Grilled Asparagus with Homemade Mayonnaise



Recipe From Chef Laurent Zirotti

## Ingredients



- 1 small bunch of asparagus
  - 1 T. olive oil
  - S & P to taste
- Homemade Mayo:
- 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
- Yield: 4 servings  
Servings: 4 oz. or 4-6 asparagus



## Directions



1. Cut or crack the last part of the asparagus that are too tough-and discard that portion.
2. Toss the asparagus in a bowl with olive oil and seasonings.
3. Place on a sheet pan and bake or broil for about 10 minutes.
4. Serve warm and top with the homemade mayonnaise.
5. Combine the egg yolk and mustard in a bowl, whisking slowly as you add the oil to emulsify.
6. 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!



# Grilled Asparagus with homemade mayonnaise



Recipe From Chef Laurent Zirotti

## Ingredients



- 1 small bunch of asparagus
  - 1 T. olive oil
  - S & P to taste
- Homemade Mayo:
- 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
- Yield: 4 servings  
Servings: 4 oz. or 4-6 asparagus



## Directions



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

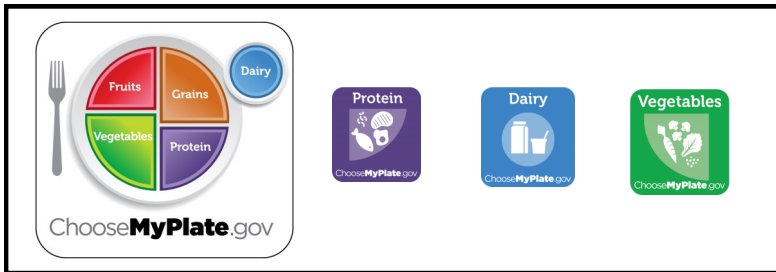
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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 [cronometer.com](http://cronometer.com)

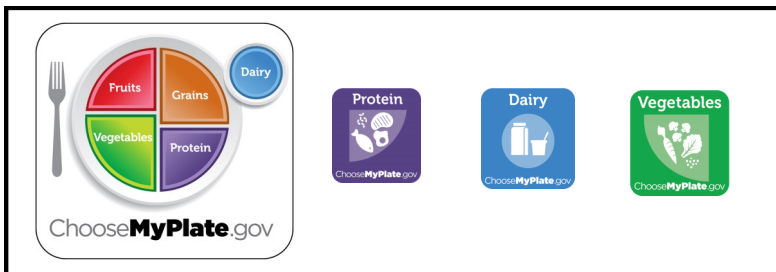
Second Harvest is an equal opportunity provider.



# 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 [cronometer.com](http://cronometer.com)

Second Harvest is an equal opportunity provider.