





Grilled Asparagus Salad

Ingredients

- ¼ cup CO-OP Gold Olive Oil 100% Extra Virgin 
- ⅓ cup CO-OP Gold Juice from Concentrate Lemon 
- 12 fresh asparagus spears
- 6 cups fresh spinach leaves
- ⅓ cup CO-OP Gold Shaved Cheese Parmesan 
- 1 tablespoon CO-OP Gold Almonds Slivered Blanched 




Directions

1. Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.
2. Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.
3. In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite-size pieces, and add to the salad along with the lemon juice and oil from the plate. Toss to blend, then serve.

<https://www.allrecipes.com/recipe/74083/grilled-asparagus-salad/>

Simple Grilled Asparagus Recipe

Ingredients

- 1 pound asparagus (choose thick spears)
- 1 tablespoon CO-OP Gold Olive Oil 100% Extra Virgin 
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- lemon wedges , if desired



Instructions

1. Preheat the grill to medium heat, about 350° to 400°F, and brush the grill grates clean.
2. Remove the woody ends of the asparagus by snapping the ends off. Bend each stalk gently about 2/3 of the way down the stalk until it naturally breaks where the woody part begins. If desired, use a knife to trim the ends of the stalks to tidy up the cuts. Discard the ends.
3. Place the asparagus spears in a shallow bowl or on a platter or baking sheet. Drizzle with the olive oil and toss the spears with your hands to coat. Season with kosher salt and freshly ground black pepper and toss again.
4. Place the asparagus across the grill grates perpendicular to the bars. Grill with the lid closed for 6 to 10 minutes or until the spears are tender and crisp. Use tongs to roll the spears for even grill marks.
5. Transfer to a platter and if desired, drizzle with more olive oil and a squeeze of lemon. Can be served warm or at room temperature.

<https://www.foodiecrush.com/grilled-asparagus/>