



ASPARAGUS WITH LEMON MARINADE

1 lb. fresh asparagus

2 tsp. olive oil

1/2 cup melted butter

2 Tbs. honey

3/4 tsp. freshly ground black pepper

pinch of sea salt

Juice of 1 lemon

Non stick cooking spray

Choose bright green spears with tightly closed tips. Wash thoroughly and peel bottom end of stems with a hand peeler if they seem woody. Using sharp knife cut an "X" vertically from bottom about 1/3 of the way up stalk.

Whisk the butter, oil, honey, pepper, salt and lemon juice in a small bowl. Pour over vegetables which are sitting in a flat Pyrex pan for 15 minutes, drain and reserve marinade.

Preheat the grill. Coat with cooking spray and place asparagus crosswise on the grill. Grill until lightly browned and tender, about 4 minutes, turning once with tongs.

Transfer to a heated serving platter and drizzle remaining lemon marinade over the asparagus. Serve at once.

Serves 4

