



Parmesan Grilled Asparagus In Foil

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An easy recipe for grilled asparagus in foil packets topped with Parmesan cheese

Course	Side Dish
Cuisine	American

Prep Time	5 minutes
Cook Time	10 minutes
Total Time	15 minutes
Servings	4 servings
Calories	108kcal
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Ingredients

- 1 lb fresh asparagus
- 1/2 cup grated Parmesan cheese
- 1 tsp fresh lemon zest
- 1 tbsp olive oil
- dash garlic powder
- salt & pepper

Instructions

1. Heat grill to medium heat and tear off a large piece of heavy-duty aluminum foil
2. Rinse asparagus, pat dry and snap off the ends
3. Place asparagus in the center of the foil and drizzle with olive oil
4. Sprinkle lemon zest and cheese on top and season with garlic powder, salt and pepper
5. Bring ends together and seal the foil
6. Cook for 10-12 minutes, rotating once during cooking

Notes

How to trim asparagus:

- Hold the end of the asparagus spear in your hand and bend it slightly.
- Keep bending the asparagus gently until it snaps. This is where you'll want to trim.
- Snap each one individually or use the first asparagus spear as a guide.

Nutrition

Calories: 108kcal | Carbohydrates: 5g | Protein: 7g | Fat: 7g | Saturated Fat: 3g | Cholesterol: 11mg | Sodium: 193mg | Potassium: 245mg | Fiber: 2g | Sugar: 2g | Vitamin A: 965IU | Vitamin C: 7mg | Calcium: 166mg | Iron: 3mg