

Grilled Asparagus

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(photo by: Romulo Yanes)

Asparagus is a star of the season, as a side dish to any main course — chicken, fish, pork, beef, or lamb — or as a salad topped with a squeeze of lemon juice.

Active time: 15 min Start to finish: 30 min

Yield: Makes 4 servings

ingredients

1 1/2 lb medium asparagus (24), trimmed
2 tablespoons extra-virgin olive oil
Kosher salt

Special equipment: 8 (6-inch) wooden skewers, soaked in warm water 10 minutes

preparation

Prepare grill.

Divide asparagus into 4 bunches. Align each bunch in a flat row and thread 2 skewers crosswise through each bunch (see photo, above). Brush asparagus with oil and season with kosher salt.

Grill asparagus on an oiled rack set 5 to 6 inches over glowing coals until tender, 3 to 5 minutes on each side.

Cooks' notes:

• *The parallel skewers make it easier to turn the asparagus.* • *If outdoor grilling isn't an option, asparagus may also be grilled in a well-seasoned ridged grill pan over moderately high heat.*