



Grilled Asparagus Strawberry Salad

Makes 4 servings

Ingredients

- nonstick cooking spray
- 1 large lemon
- 1 ½ tablespoons extra-virgin olive oil
- 2 tablespoons honey
- 1 pound asparagus, trimmed
- 1 pound strawberries, stems removed and sliced

Directions

1. Spray grill pan with nonstick cooking spray. Preheat grill to medium-high heat.
2. Cut lemon in half and squeeze juice into a small bowl. Add oil and honey. Mix well. Set aside.
3. Place asparagus on grill. Cook for 1 minute, turn and cook for 1 to 2 more minutes. Remove asparagus from grill and place on a cutting board. Cut each spear into 4 to 5 pieces.
4. In a medium bowl, combine asparagus pieces and sliced strawberries. Add dressing and toss to coat.
5. Serve immediately.



SIDE DISH



TIP

Don't have a grill? You can roast the asparagus at 400 F for about 15 minutes.

♥ = heart smart ✕ = low sodium GF = gluten free

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Nutrition Facts

Serving Size 1 cup (257g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **20%**

Sugars 16g

Protein 3g

Vitamin A 10% • **Vitamin C 140%**

Calcium 4% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1 ½