

Grilled Asparagus with Hazelnuts

Goats, Guests, and Glorious Food | May 2007



You can precook the asparagus ahead, then warm it through on the grill before serving. Toast the hazelnuts in a 350° oven just until golden. We love the flavor of the hazelnuts, but you can substitute any toasted nut and nut oil in this recipe.

- 2 LB. THICK FRESH ASPARAGUS SPEARS**
- 1 TBSP. HAZELNUT OIL OR ALMOND OIL**
- 1/3 CUP CHOPPED HAZELNUTS, TOASTED**
- 1/4 TSP. COARSE SEA SALT**
- 1/8 TSP. FRESHLY GROUND BLACK PEPPER**
- HAZELNUT OIL (OPTIONAL)**

Wash asparagus; break off woody bases where spears snap easily. In a large skillet or saucepan cook asparagus, covered, in a small amount of boiling salted water for 3 to 5 minutes or until crisp-tender. Drain asparagus and plunge into a bowl of ice water to stop cooking; drain. Blot dry with paper towels. (You can cover and chill up to 24 hours at this point.)

For a charcoal grill, grill asparagus spears on the rack of an uncovered grill directly over medium coals until heated through and slightly charred, about 3 minutes, turning spears once. (For a gas grill, preheat grill. Reduce heat to medium. Place asparagus spears on a grill rack. Cover and grill as above.)

Transfer the asparagus to a serving dish. Toss with 1 tablespoon hazelnut oil. Sprinkle with hazelnuts, salt, and pepper. Drizzle with additional hazelnut oil, if desired. Makes 8 servings.

Per serving: 62 cal., 5 g fat (0 g sat. fat), 0 mg chol., 61 mg sodium, 3 g carbo., 2 g fiber, 2 g pro.