



Broiled Asparagus with Balsamic Vinegar

MyPlate2Yours - Lynn Dugan

Ingredients

1 bunch asparagus spears, washed and trimmed of woody end (1-2 inches cut from bottom)
Olive oil, salt and freshly ground pepper
1 tablespoon balsamic vinegar

Directions

Preheat broiler. Place asparagus spears on a baking sheet. Lightly spritz with olive oil (or use a pastry brush). Season with salt and pepper. Drizzle balsamic vinegar over spears. Place under broiler (about 4 inches from heating element) for 3-5 minutes (until asparagus turns bright green and some brown spots just begin to appear). Immediately remove from heat and place spears on a serving plate. Enjoy!