

# Grilled Asparagus with Lemon Garlic Yogurt Sauce

Makes 4 Servings

## Ingredients:

- 1 pound fresh asparagus spears
- 1 Tbsp. olive oil
- Salt and pepper

## Sauce:

- ¼ cup plain non-fat Greek yogurt
- 1 tsp. olive oil
- 1½ Tbsp. fresh lemon juice
- 1 garlic clove, finely minced
- ⅛ tsp. white pepper
- Fresh lemon zest, optional



## Directions:

### *Make the sauce:*

1. Whisk together yogurt, olive oil, lemon juice, garlic, and white pepper in a small bowl.
2. Refrigerate until ready to serve. The longer you let the sauce sit, the better it will taste as the flavors get a chance to blend.

### *Prepare grill and asparagus:*

3. Preheat grill for high heat.
4. Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.
5. Grill over high heat for 2 to 3 minutes, or to desired tenderness
6. Remove asparagus from grill. Plate and top with sauce. Sprinkle with fresh lemon zest and serve.

## Nutritional Facts Per Serving:

*Asparagus (approximately 5 spears without added salt):*

Calories: 50 • Fat: 3.5g • Sodium: 2mg • Carbohydrates: 4g • Dietary Fiber: 2g • Protein: 2.5g

*Sauce (1 Tbsp.):*

Calories: 19 • Fat: 1.3g • Sodium 12mg • Carbohydrates: 1g • Protein: 1g

*Source: Modified from [www.a-kitchen-addiction.com](http://www.a-kitchen-addiction.com)*