

# **Grilled Asparagus, Tomato and Blue Cheese Salad**

Integrated Marketing Services - Apopka, FL

**Servings: 4**

**Preparation Time: 10 minutes**

**Grill Time: 5 minutes**

**1 pound asparagus, trimmed**

**1 cup grape tomatoes**

**2 tablespoons extra-virgin olive oil, divided**

**1/4 cup (1 oz) blue cheese, crumbled**

**1/4 cup red onion, thinly sliced**

**1 clove garlic, minced**

**1 tablespoon balsamic vinegar**

**1 tablespoon fresh basil, finely chopped**

Preheat the grill to MEDIUM (300 to 350 degrees).

Thread the asparagus onto two or three parallel skewers to hold them together during grilling (if using wooden skewers, soak for at least 30 minutes before grilling to prevent burning).

Thread the tomatoes onto two skewers.

Brush the vegetables with one tablespoon of the oil. Season with salt and pepper to taste.

Place the skewers on the grill. Grill for 5 minutes, turning occasionally.

Remove the skewers from the grill. Remove the vegetables from the skewers. Cut the asparagus into 2-inch pieces.

In a medium bowl, combine the asparagus, tomatoes, blue cheese, onion and garlic. Toss to combine.

Drizzle with the remaining olive oil plus the vinegar. Toss.

Season with salt and pepper to taste.

Sprinkle with basil and serve.

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Per Serving (excluding unknown items): 104 Calories; 9g Fat (73.3% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 101mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.