

Prosciutto-Wrapped Grilled Spring Asparagus

Elizabeth Karmel - For The Associated Press
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Servings: 8

Preparation Time: 25 minutes

1 pound fresh thick asparagus

2 to 4 tablespoons extra-virgin olive oil

1 teaspoon Kosher salt (to taste)

1/2 pound thinly sliced prosciutto

Heat the grill to medium.

Trim off the tough bottoms of the asparagus spears. You can use a knife and cut them roughly two-thirds of the way down, or by hand. For the latter methods, one at a time, grasp each stalk by both ends and bend it gently until it snaps at its natural point of tenderness. Wash and dry the spears.

Place the asparagus in a large zip-close plastic bag. Add enough oil to allow you to massage the spears and coat them gently with olive oil. Sprinkle with salt and massage again. Leave the asparagus in the bag until ready to cook.

Place the asparagus on the cooking grate crosswise so they won't fall through.

Grill for 8 to 12 minutes (depending on the size and thickness of the stalks), turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots (indicating that its natural sugars are caramelizing) but should not be allowed to char.

Remove from the grill and let cool to room temperature. Wrap each stalk of grilled asparagus with a fine piece of prosciutto.

Serve immediately.

Per Serving (excluding unknown items): 477 Calories; 54g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 11 Fat.