

# Grilled Asparagus & Feta Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-asparagus-salad-recipe-southern-living>

## Ingredients:

- 1 bunch asparagus thick, about 24 spears, ends trimmed
- 3 tablespoons extra-virgin olive oil divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1 teaspoon lemon zest from one lemon
- 1 tablespoon lemon juice freshly squeezed, from one lemon
- 1/3 cup crumbled feta cheese

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 290 milligrams
9. Sugar: 2 grams

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