

PROSCIUTTO

WRAPPED

Asparagus



WAC Fun Food Fact

Did you know that asparagus is a natural diuretic and can help rid the body of excess sodium?

INGREDIENTS

- 16 spears asparagus, (about 1 bunch), trimmed
- 1 teaspoon extra-virgin olive oil
- Pinch of salt
- Freshly ground pepper, to taste
- 2 very thin slices prosciutto, (about 1 ounce), cut in half lengthwise

NUTRITION INFORMATION

Serving size: 1 bundle of asparagus
Per serving: 39 calories; 2 g fat(0 g sat); 1 g fiber;
3 g carbohydrates; 3 g protein; 89 mcg folate; 6 mg
cholesterol; 1 g sugars; 0 g added sugars; 604 IU
vitamin A; 5 mg vitamin C; 14 mg calcium;
1 mg iron; 235 mg sodium; 135 mg potassium
Nutrition Bonus: Folate (22% daily value)
Carbohydrate Servings: 0
Exchanges: 1 vegetable, ½ fat

DIRECTIONS

Preheat grill to medium.

Toss asparagus with oil, salt and pepper in a medium bowl. Wrap 1 length of prosciutto around the middle of 4 asparagus spears. Repeat, making 4 bundles. Oil the grill rack (see Tip). Grill the asparagus bundles, turning once or twice, until the asparagus is tender and charred in spots, about 10 minutes.

Tip: To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



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Recipe of the Month | **MAY**