**Simple Grilled Asparagus**

I made this for dinner using an air fryer, though you can cook it on a grill or in a sauté pan. This is a very simple dish and cooking it quickly on a high heat will lock in the freshness and flavor.

Brenda

Ingredients: olive oil, salt, pepper, parmesan cheese

Steps:

1. Wash asparagus and trim ends
2. Place in a plastic bag to coat it.
3. Add just enough olive oil, a little salt and pepper, and grated parmesan cheese to the bag.
4. Gently roll spears around to coat.
5. Lightly spray the air fryer, saute pan, or grill with olive oil.
6. Lay spears in a single layer.
7. Cook at 400 degrees for 7 to 10 minutes or until tender. Cooking time will vary depending on how you are preparing it.