

Grilled Asparagus

Spring is the time to give our kidneys a break. Asparagus is a great kidney cleanser.

1 bunch of thick, fresh green asparagus

1 TBS organic olive oil

½ tsp garlic granules

½ tsp onion granules

2 sprigs of fresh rosemary or thyme

Salt and pepper to taste

Wash asparagus and dry. Heat grill or skillet. Rub asparagus with olive oil, remove rosemary and/or thyme from stems. Add the fresh herbs together with the remaining ingredients and coat the asparagus. You can use a grill or a cast iron skillet on top of the stove. Cook asparagus until tender.

Enjoy!

