

Grilled Asparagus, Prosciutto and Goat Cheese Bouquets



Here's a simple recipe for an appetizer for this special holiday season. Enjoy this gourmet asparagus with your loved ones.

Preparation 10 min

Cooking 10 min

Servings 6

Nutrition Facts (per serving)

Calories 80

Fat 5

Carbohydrates 2

Fibre 0

Protein 5

Sodium 280

Ingredients

- 1 bunch of asparagus (about 30 units)
- 6 slices of prosciutto
- 15 mL (1 tbsp.) olive oil
- 15 mL (1 tbsp.) maple syrup
- 15 mL (1 tbsp.) balsamic vinegar
- 5 mL (1 tsp.) Dijon mustard

- 25 g crumbled goat cheese

Preparation

1. Preheat oven to 425°F.
2. Wash the asparagus and remove the fibrous part of the stem.
3. Form about 6 small bunches of 5 to 7 asparagus, then surround each with a slice of prosciutto.
4. Place on a non-stick baking sheet.
5. In a small bowl, combine olive oil, balsamic vinegar, maple syrup, Dijon mustard, salt and pepper.
6. Using a brush, spread the resulting mixture on the asparagus bunches.
7. Bake at 425°F for 8 minutes.
8. Remove from the oven before the end of the cooking time, then add the crumbled goat cheese randomly on the bunches.
9. Return to oven for 2 more minutes.

Notes



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