

## Grilled Balsamic Glazed Asparagus with Parmesan Crisps

Produce Recipe Suggestion

Serves: 4



### For the Asparagus

1 pound fresh or frozen asparagus spears  
1 tablespoon olive oil  
½ cup Balsamic Glaze  
Kosher salt and pepper to taste

*Preheat grill for high heat.  
Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste. Grill over high heat for 2 to 3 minutes, or to desired tenderness.*

*Quick Tip; Move the Asparagus as little as possible once placed on the grill, only turning over once at about half the total cook time. This will enable more of a char effect and less damage to the tips.*



### For the Crisps

1/2 cup grated Parmesan

*Preheat oven to 400 degrees F.  
Pour a heaping tablespoon of Parmesan onto a silicone or parchment lined baking sheet and lightly pat down. A silicone baking sheet is highly recommended.  
Repeat with the remaining cheese, spacing the spoonfuls about a 1/2 inch apart. Bake for 3 to 5 minutes or until golden and crisp.  
Cool.*



*For plating arrange asparagus on a warm plate. Drizzle with 1 oz. balsamic glaze and garnish with crisp.*

# Chef's Recipe of the Week

Sysco San Francisco Inc

510 226-3000

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Serves - 4 for \$35.80

	Plate/Serving	Total	%
Price:	\$8.95	\$35.80	
Cost:	\$1.78	\$7.12	19.89
Profit:	\$7.17	\$28.68	80.11

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost
2161735		ASPARAGUS SPEAR MED IQF P	SYS IMP	1	1.00	LB	\$3.79
0651828	S	GLAZE BALSAMIC	AREZZIO	2	4.00	OZ	\$0.57
5846714		OIL OLIVE EXTRA VIRGIN ITALY	AREZZIO	3	1.00	TB	\$0.01
2363968		CHEESE PARMESAN WHEEL CRYOVAC	AREZZIO	4	4.00	OZ	\$0.26

