

Grilled Asparagus and Red Onions with Parmesan and Balsamic Vinegar

Serves 4



- $\frac{3}{4}$ lb asparagus, trimmed
- 2 small Italian eggplants (sliced into $\frac{3}{4}$ inch thick rounds)
- 6 wooden skewers (8 inch long) soaked in water
- 1 large red onion, cut into four $\frac{3}{4}$ inch thick slices
- 2-3 T. **The Olive and The Grape's Rosemary Garlic Seasoned Oil*** (for brushing and grilling)
- 2 cups of baby spinach, washed and dried

Vinaigrette:

- $\frac{1}{2}$ to $\frac{2}{3}$ cup **The Olive and The Grape's LIQUID GOLD***
- $\frac{1}{3}$ cup Parmesan shavings, shaved with a vegetable peeler from a $\frac{1}{4}$ pound piece
- Pinch of black pepper

Divide asparagus into 2 bunches. Align each bunch in a flat row with ends at the same level. Thread 2 skewers crosswise through each bunch in lower third of stems, where thickest, to form a solid mat. Thread remaining 2 skewers horizontally through onion slices, 2 per skewer. Rinse eggplant in a colander with 1 T. kosher salt*. Pat dry with towel. Brush asparagus, eggplant, and onions with 1 T. Rosemary Garlic Seasoned Oil and sprinkle with salt and pepper to taste.

To Make Vinaigrette:

Pour Liquid Gold into a glass bowl. Whisk in the black pepper.

Grilling:

Preheat grill. Grill eggplant, onions, and asparagus uncovered, on a lightly oiled rack (using regular olive oil) over moderate heat, brushing occasionally with 1-2 T. Rosemary Garlic Seasoned Oil turning, until tender, 8-12 minutes total.

Remove vegetables from skewers and drizzle with vinaigrette. Top with baby spinach and sprinkle with Parmesan shavings.

This recipe was adapted from a recipe provided by Jim Coleman, Executive Chef of Normandy Farm and Coleman Restaurant. Used with permission.

*These items are available from The Olive and The Grape, Mentor, OH (Liquid Gold, Rosemary Garlic Seasoned Olive Oil and Kosher Salt)