Bowl me Over

Asparagus on the Grill

The first time I tried grilled asparagus was when I moved to a little town in Wisconsin. It was over at my friend Mary's house and they were so sweet and tender! I immediately when home and planted some asparagus roots. Only to find out that they wouldn't produce for two or three years! I was able to enjoy just a few stalks before moving out of the area, darn it!

The amazing thing about asparagus is that the plant is a perennial. It comes back each year! And each year produces more abundantly than the previous year. I'm hoping someone is enjoying delicious spring asparagus right now!

Optional Methods

🔥 Grill Basket

- Cut asparagus into bite-sized pieces, toss with oil and seasonings, and cook in a grill basket for 4–6 minutes, shaking often.

🔥 Foil Packet

- Wrap seasoned asparagus in foil. Grill for 5–6 minutes, flipping once. Easy cleanup!

How to choose and store asparagus

Now if you're not lucky enough to head out in the backyard and harvest these tasty stalks (and who is??) this is what you need to look when you are purchasing fresh asparagus;

- the stalks that are bright green
- the top of the stalk has a slight purple hue
- size indicates the maturity of the stalk - Thinner stalks will be more tender. But thick asparagus spears won't fall through the grill, so there's that!
- when you get home, snap off the end of the stalk and store them in water, cut side down. They will continue to absorb water, keeping them plump and tender!

Variations

- Swap seasonings: try lemon pepper, Montreal Steak Seasoning, or your favorite dry rub.
- Add a sprinkle of parmesan or red pepper flakes before serving for an extra kick.

⏱️ How Long Does Asparagus Take on the Grill?

Grill time varies depending on thickness:

- Thin spears: 2–3 minutes per side
- Medium spears: 4–6 minutes total
- Thick spears: up to 8 minutes—just peel the ends for tenderness

Keep an eye out—once they're bright green with light char, they're good to go!

🧂 When should I season asparagus?

Season before grilling so the oil and seasonings stick well. Want to jazz it up? Add a little grated parmesan or a sprinkle of finishing salt right after grilling. Boom. Flavor bomb.

🥶 Can I use frozen asparagus?

Short answer: You can, but it won't be as crisp. For best results, stick with fresh. If frozen is all you've got, thaw and pat dry before grilling to prevent steaming.

🧊 How to store leftovers

Store leftover grilled asparagus in an airtight container in the fridge for up to 3 days. Reheat in a hot skillet or chop them up for omelets, grain bowls, or pasta.

🥄 Kid-Friendly Tip

If your kiddos are asparagus-averse, try sprinkling the grilled spears with a little parmesan or even a squeeze of honey-lemon glaze. Sometimes a sweet-savory twist wins them over!

Complete recipe here: https://bowl-me-over.com/grilling-asparagus-on-gas-grill/