

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Grilled Ontario Asparagus Salad

1 lb (500g) asparagus – preferably from Dana's back yard  
Canola or other vegetable oil  
3 tbsp (45 mL) extra virgin olive oil  
1 tbsp (15 mL) good quality balsamic vinegar or vin cotto  
2 tsp (15 mL) basil pesto  
1 hard boiled egg  
green stalks from one green onion, very finely chopped

Preheat the grill to high. Wash and dry the asparagus and snap each stalk off at its natural breaking point. Discard tough ends. Brush each stalk evenly with enough canola oil to coat. Grill, turning often, until charred lightly on all sides.

Arrange grilled asparagus on a platter. In a small bowl, whisk the extra virgin olive oil, balsamic vinegar and pesto until well combined. Drizzle over asparagus.

Peel and chop the egg finely. Blend with green onion and season to taste with salt and pepper. Sprinkle a cordon of egg mixture across the asparagus stalks. Serve immediately or cover and refrigerate for up to 4 hours. Makes 4 servings.



Recipe courtesy of Dana McCauley, Life Long Food Professional  
Photograph courtesy of food photographer, Jon Ogryzlo  
Episode: A New Season of Food with guest, Dana McCauley

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

*"Local Ontario asparagus has become a big part of my life in the last few years. University of Guelph scientist Dr. Dave Wolyn is famous for developing Millennium Asparagus, a variety that is grown around the world because of its delicious taste and hardy temperament. Dave was recognized in 2019 by the University with the Innovation of the Year award for his success and my colleagues in the Research Innovation Office work with him often.*

*At home, we have a decades old asparagus patch that requires me to perform a daily harvest from late May until the end of June. It's a small 6 x 8 foot patch but yields enough stalks for our family to feast on this spring treasure several times a week! "*

Dana McCauley

**Because What You Eat Matters!**