



## **Asparagus**

Serves: 3

Ingredients:

15-20 asparagus spears  
1 teaspoon olive oil  
Salt and pepper to taste

Directions:

1. Cut asparagus into pieces small enough to fit in NuWave Brio Basket.
2. Blanch asparagus.
3. Preheat NuWave Brio to 390 °F.
4. Toss asparagus in olive oil and seasonings.
5. Once preheated, add asparagus to NuWave Brio Basket and air fry for 10 minutes.