

Grilled Peaches on the Half Shell

From the Seattle & King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/GrilledPeaches.aspx>

Ingredients

- 4 ripe peaches
- 1 cup fresh or frozen berries (if frozen thaw to room temp.)
- 2-3 Tbs. brown sugar
- 4 tsp. fresh squeezed lemon juice

Instructions

1. Prepare grill.
2. Wash and halve peaches. Remove pits and discard.
3. Place halved peaches cut side up on large squares of aluminum foil.
4. Fill each cavity with berries, a sprinkle of brown sugar, and a drizzle of lemon juice.
5. Bring sides of foil up to wrap over top and sides of peaches.
6. Grill for 15-20 minutes before serving.

Makes 4 servings (serving size: 2 peach halves)

Nutrition information per serving:

Calories	86
Carbohydrates	22 g
Dietary Fiber	3 g
Sugars	6 g
Protein	1 g
Total Fat	0 g
Cholesterol	0 mg
Sodium	5 mg

