

Grilled Summer Peaches

Grilled peaches are a delicious and nutritious summer treat. Rich in vitamins A and C and dietary fiber, they offer a healthful boost. Grilling enhances their natural sweetness by caramelizing their sugars, making them a perfect low-calorie dessert that adds a smoky and sweet flavor to grilled meats and salads.

Yield: 6 servings

Serving Size: 1 peach

Ingredients:

- 6 fresh, ripe peaches
- 1/3 cup maple syrup, divided, plus more for serving
- 2 tablespoons oil or butter
- 1/2 cup pecans, toasted and chopped, optional
- 1/2 cup Greek low-fat yogurt to serve

Instructions:

1. Halve the peaches and remove the pit. Brush the cut sides of the peaches with about half of the maple syrup.
2. For the grill: Preheat a grill (charcoal or gas) to medium-low heat (300°F to 350°F). Oil the grill grates. Place the cut side of the peaches directly on the grill grates. Cook for 3 to 5 minutes, until grill marks form.
3. Flip the peaches and cook 2 to 3 more minutes, skin-side down.
4. Remove the peaches when they're slightly soft but not mushy and have visible grill marks. With a pair of tongs, transfer to a serving plate.
5. Brush the remaining maple syrup over the tops. Serve them with a dollop of Greek yogurt. Sprinkle with pecans and drizzle on more maple syrup, if you like.

Chef Tip: You can also cook the peaches on a grill pan. Add oil to the grill pan and heat until very hot. Place the cut side of the peaches in the grill pan and follow the same directions as for grilling.

Per Serving: Calories 220 kcal, Carbohydrates 30g, Protein 2g, Sat Fat 1g, Sodium 2mg, Added Sugar 11g

This recipe was adapted and modified from THE PIONEER WOMAN <https://www.thepioneerwoman.com/food-cooking/recipes/a44301314/grilled-peaches-recipe/>