
GRILLED PEACHES

Ingredients

6 freestone peaches
1 Tablespoon olive oil

Nutrition Facts

Serving Size: 1 peach half
Servings per Recipe: 12

Amount per serving:
Calories 40 Calories from Fat 10

Total Fat 1g
Saturated Fat 0g
Trans Fat 0g

Sodium 10mg

Total Carbohydrates 8g
Dietary Fiber 1g

Protein 1g

Prep time: 10 minutes

Cook time: 10 minutes

Directions

1. Preheat grill to roughly 350 F.
2. Wash fruit, cut in half and remove pit.
3. Lightly brush peach with olive oil.
4. Place peaches, cut side down, on grill. Close lid and grill, undisturbed, for 4 to 5 minutes. Turn peaches, close lid and grill again, undisturbed, for 4 to 5 minutes, or until softened.

Enjoy as is or top with vanilla ice cream, a drizzle of balsamic glaze, or your favorite topping.