

## Sweet Grilled Peaches

I often find that by the time I've prepared dinner, I have little energy left for making dessert. But on those nights when I'm entertaining friends, or just want to make a family dinner a little more special, I'll pull together this simple but elegant dessert. This dish is quick and easy to make, and it doesn't have all those added calories from fat and sugar that many desserts can bring. Plus it's a great way to get in an extra serving of fruit. You can make this dish on a grill plan on the stovetop, or right on the grill. So the next time you're grilling up those hamburgers, think about adding some healthy balance with a grilled fruit dessert.

Peaches not in season? Take advantage of whatever fruit is at its peak!

- Try these interesting pairings for variations on the theme:
- Grilled Pears with low-fat Greek yogurt, honey, orange zest and thyme
- Grilled Apricots with low-fat vanilla yogurt, lemon zest and tarragon
- Grilled Plums with low-fat vanilla yogurt, orange zest and cinnamon

Or invite your family to come with their own combinations, to get them involved in the fun of creating their own dessert.

Ingredients:

- 4 ripe peaches, halved and pitted
- 2 teaspoons Canola oil
- ¼ cup low fat [Greek Yogurt](#)
- 4 teaspoons honey
- Grated zest of one lemon – about 1 Tablespoon
- Tablespoon chopped fresh mint leaves,
- plus additional mint leaves for garnish

Directions:

1. Heat grill to medium-high.
2. Lightly brush peaches with canola oil, to keep them from sticking.
3. Place the peach halves, cut side down, on the grill and grill for about two to three minutes, until grill marks appear. Turn and grill another two to three minutes.
4. Place the grilled peaches cut side up on a platter. Spoon some yogurt into the center of each peach, drizzle them with a little bit of honey, and then sprinkle with lemon zest and chopped mint. Garnish with mint leaves.
5. Serve warm or at room temperature.

Makes 4 servings.

Nutrition Facts for one serving: Calories: 110, Fat: 3grams, Saturated fat: 0 grams, Carbohydrates: 21 grams, Protein: 3 grams, Sodium 5 milligrams, Fiber 2 grams.

This dessert is also a good source of Vitamin C.