

Grilled Peaches

Grilled fruit plays a starring role as a side dish or dessert.

- 4 *peaches* or *nectarines*
- 2 *tbsp white wine vinegar*
- 4 *tbsp fresh lemon juice*
- 1 *tbsp brown sugar*



- 1 Peel and halve peaches; place in a plastic bag and add 1 *tbsp* of lemon juice and set aside.
- 2 Boil remaining lemon juice with vinegar and sugar on medium high, until reduced by about half.
- 3 Place peaches cut side down on grill rack that has been lightly coated with cooking oil spray.
- 4 Cook about 2 minutes, then turn over and baste with lemon mixture; cook another 3 minutes and serve.

MAKES 4 SERVINGS.

Per serving:

58 calories

1g protein

trace fat

15g carbs

2g fiber

trace sodium