



Grilled Stone Fruit



Where service *and savings* matter.

SERVINGS: 4 servings

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 70, calories from fat 0, total fat 0g,
saturated fat 0g, cholesterol 0mg, sodium
0mg, total carbohydrate 16g, dietary fiber
2g, sugars 14g, protein 1g, vitamin A 10%,
vitamin C 15%, calcium 0%, iron 2%

4 pieces stone fruit (peaches, nectarines, etc.),
halved and cored

2 Tbsp balsamic glaze (balsamic vinegar that has
been reduced or cooked until thickened)

DIRECTIONS:

1. Preheat grill to high.
2. Brush fruit halves with glaze.
3. Grill until tender, 3-5 minutes.

Tip: Pick fresh firm fruit that is just short of being perfectly ripe and leave the skin on.

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Shopping List

PRODUCE:

- 4 Pieces stone fruit

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Balsamic vinegar