



Balsamic Grilled Peaches

Ingredients:

- 1/2 cup balsamic vinegar
- 2 tablespoons brown sugar
- 2 large fresh peaches, halved and pitted
- 4 tablespoons blue cheese crumbles
- Fresh cracked black pepper, to taste

Directions:

1. Combine vinegar and sugar in a small saucepan. Simmer on medium for approximately 10 minutes, or until mixture has reduced by about half. Remove from heat, liquid will thicken as it cools.
2. Preheat grill or grill pan to medium-high, spray with cooking spray or lightly oil surface.
3. Put peaches on grill, cut side down, and cook for about 5 minutes. Flip peaches with tongs, brush with glaze, and cook 2-3 minutes more.
4. Place cooked peach halves in individual serving dishes. Drizzle with remaining glaze and sprinkle 1T blue cheese over each half. Top with cracked black pepper to taste.

Serves 4

Serving Size: ½ peach

Nutrition Facts		
Serving Size 0.50 cup(s) (122g)		
Amount Per Serving		
Calories	112	Calories from Fat 24
% Daily Value		
Total Fat	2.6g	4 %
Saturated Fat	1.6g	8 %
Trans Fat	0.0g	
Cholesterol	6.3mg	2 %
Sodium	125.1mg	5 %
Total Carbohydrate	19.2g	6 %
Dietary Fiber	1.2g	5 %
Sugars	17.4g	
Protein	2.7g	
Vitamin A	6 %	Calcium 6 %
Vitamin C	8 %	Iron 3 %

