



Grilled Peaches with Whipped Yogurt

4 Servings • 1 Serving = 2 Peach Halves and ½ Cup Whipped Yogurt

INGREDIENTS

- 4 ripe peaches
- Extra virgin olive oil, as needed
- 2 cups low-fat plain Greek yogurt
- 1 Tablespoon honey
- ½-1 teaspoon vanilla extract, to taste
- ½ teaspoon cinnamon
- Optional: ¼ cup toasted pistachios (chopped), ¼ cup fresh mint (chopped)

DIRECTIONS

1. If using a gas grill, heat to medium. If using a charcoal grill, wait until the coals have cooled to a medium-low heat.
2. Cut the peaches in half and remove the pit. Brush a little oil on each cut half. Place the peaches on the grill, cut side down, and cook until the peaches start to soften, about 4-5 minutes.
3. Brush the tops with additional oil and turn over with tongs. Cook for another 2-3 minutes.
4. While the peaches cook, place the yogurt in a bowl and whip with a fork until light and fluffy. Stir in the honey, vanilla, and cinnamon.
5. Once peaches are cooked, transfer to a platter, cut side up. Serve with yogurt spooned on top of each peach half, scatter pistachios and fresh mint on top.

Nutrition Facts

4 servings per container
Serving size 2 peach halves +
1/2 cup yogurt

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 4g Added Sugars	8%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 1mg	6%
Potassium 446mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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