



### It's grilling season—ever grill fruit?

Try this yummy summer treat that is new and exciting for your taste buds! Grilling fruit helps to bring out the fruit's sweetness. Thus, you will be satisfying your sweet-tooth while staying low in fat. Plus, you will be keeping the hot oven off by stepping out to the grill.

For more recipes and nutrition tips, visit the Kendall Anderson Nutrition Center on the CSU campus at [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu).

Grilled Peaches with

Frozen Yogurt

Ingredients:

—2 tablespoons light brown sugar.

—1/2 teaspoon cinnamon. —4 fresh peaches.

—Grapeseed oil (or vegetable oil).

—Vanilla frozen yogurt.

## Extension Corner

Written by Tracy Trumper

---

### Directions:

In a small bowl, combine brown sugar and cinnamon. Cut peaches along the seam all the way around and twist halves off and remove the pit. Brush cut sides with grapeseed oil or vegetable oil. Cook, cut side down, on a hot grill until fruit has grill marks, three-four minutes. Brush tops with oil, turnover and move to indirect heat. Sprinkle cut sides with cinnamon and brown sugar mixture. Cover grill and cook until sugar is melted and fruit is tender, about 10 minutes. Serve with vanilla yogurt or plain Greek yogurt.

Holyoke Enterprise June 21, 2012