

# August Recipe of the Month

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## Grilled Peaches with Honey, Yogurt, and Mint

Fresh peaches are in season so this is the time to enjoy them. Any variety of peach will work with this recipe, but if you use a freestone it will be easier to remove the pit. Purchase ripe peaches since they do not ripen well after they have been picked. Ripe peaches will keep for one to three days at room temperature and in the refrigerator for five days.

Serves: 4

4 slightly firm medium peaches, cut in half and pitted  
(peel the skins if they are a problem for you)  
2 tsp olive oil  
½ cup nonfat plain Greek yogurt  
2 tsp honey  
2 tsp torn fresh mint leaves



### Directions:

1. Preheat the grill on high.
2. Brush the cut side of the peaches with olive oil.
3. Place on the grill, cut side down. Grill 1 to 2 minutes without moving.
4. Place the peaches on a plate and top each half with 1 tbsp Greek yogurt. Drizzle each with ¼ tsp honey and sprinkle with ¼ tsp mint.

Per serving: 100 calories, 4g protein, 3g fat (0g saturated), 0mg cholesterol, 18g carbohydrate, 2g fiber, 16g sugar, 10mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 0%

*Recipe courtesy of Michael Symon and the Cooking Channel*