



Grilled Peach with Nuts and Honey

Makes 4 servings

2 sprays of cooking spray

4 large peaches, firm but ripe, cut in half, pits removed

2 tablespoons nuts, sliced or chopped

2 teaspoons honey

Coat a grill or a grill pan with cooking spray. Preheat to medium heat. Place peach halves, cut sides up, on a flat surface; lightly spray with cooking spray. Place peach halves on grill, skin sides down, and cook until skin starts to split (about 2 minutes). Using tongs, carefully flip peaches and cook until grill marks appear (about 2 minutes more). Remove peaches from the grill and place on a serving plate. Top each peach with 3/4 teaspoon of nuts and drizzle each with 1/4 teaspoon of honey.

Recipe Source: Health Department of Northwest Michigan

Farmers Market Food Safety Tips

How to Select Peaches:

- Select peaches that are firm and fuzzy with a yellowish, golden background. A red blush does not necessarily mean the fruit is ripe. A ripe peach is firm but yields to gentle pressure and has a strong, sweet, smell.

How to Store Peaches:

- Store at room temperature for 1-2 days, if ripe. Ripe peaches will keep 3-5 days in the refrigerator. If peaches need to ripen, place them in a loosely closed paper bag at room temperature. Check daily for ripeness.

Nutritional Info Per Serving:

Calories 90; Fat 1 g; Cholesterol 0 mg; Sodium 0 mg; Carbohydrates 21 g; Fiber 3 g; Protein 2 g

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