Grilled Peach with Nuts and Honey

Makes 4 servings

2 sprays of cooking spray  2 tablespoons nuts, sliced or chopped
4 large peaches, firm but ripe, cut in half, pits removed  2 teaspoons honey

1. Coat a grill or a grill pan with cooking spray. Preheat to medium heat.
2. 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).
3. Remove peaches from the grill and place on a serving plate.
4. Top each peach with 3/4 teaspoon of nuts and drizzle each with 1/4 teaspoon of honey.

Recipe provided by Health Department of Northwest Michigan

Shop at a farmers market, make this recipe, share your photo. #FarmersMarketsMI
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.
• Purchase fruits that are not bruised or damaged.
• Wash hands thoroughly before and after handling fresh produce.
• Keep away from raw meat and meat juices to prevent cross-contamination.
• For best quality and to preserve nutrients, preserve no more than your family can consume in one year.

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