

# Recipe for

## GRILLED PEACHES

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EQUIPMENT NEEDED Grill (or oven), knife, cutting board, tongs

SERVES 6

ESTIMATED COST \$6.00-\$8.00

COST PER SERVING \$1.30-\$1.00

### INGREDIENTS

- 6 ea peaches, sliced in half and pit removed
- 2 tbsp cooking oil (e.g. coconut oil, olive oil, grapeseed oil)
- ½ cup Greek yogurt (optional)

### METHOD OF PREPARATION

1. If using a grill, prepare the grill as instructed.
2. Lightly brush the peaches with the cooking oil.
3. Gently place the peaches cut-side down on the grill for 4-5 minutes, or until the peaches are soft.
4. Flip the peaches and grill for 4-5 minutes on the other side.
5. Turn off the grill and serve with yogurt. Enjoy!
6. If using an oven, turn the oven to 350°F. Lightly brush the peaches with cooking oil. Place the peaches cut-side down in a baking sheet and bake for 25 minutes. Remove from the oven and add yogurt. Enjoy!

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## GRILLED PEACHES

### NUTRITION INFORMATION

#### Nutrition Facts

Serving size: 1 peach

Servings: 6

Amount per serving

**Calories** **112**

% Daily Value\*

**Total Fat** 5.3g 7%

Saturated Fat 0.9g 5%

**Cholesterol** 1mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 14.7g 5%

Dietary Fiber 2.3g 8%

Total Sugars 14.7g

**Protein** 3.1g

Vitamin D 0mcg 0%

Calcium 17mg 1%

Iron 0mg 2%

Potassium 309mg 7%

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

### HEALTH BENEFITS

**Peaches:** Peaches are packed with fiber, vitamin A, vitamin C, potassium, vitamin B3, and copper. The fiber in peaches help relieve constipation and regulate bowel movements. As well, peaches are high in polyphenols, which have been shown to reduce the risk of certain cancers. Try peaches in cereal, a smoothie, or oatmeal.



### HEALTH BENEFITS

**Greek yogurt:** Greek yogurt is a great source of protein, calcium, and vitamin B12. As well, yogurt is full of probiotics, which help support gastrointestinal health and support overall wellbeing. The calcium in yogurt is needed for bone and teeth health and function. Try yogurt as a breakfast with fruit, in a smoothie, or as a sauce.



### References:

1. Recipe provided by Kristin Schaefer