



Grilled Honey Peaches

INGREDIENTS (Yield: 8 servings)

- 2 tablespoons honey
- 4 ounces fat-free cream cheese
- 2 teaspoons cinnamon
- 4 firm ripe peaches, halved, stones removed
- 1 tablespoon canola oil
- 2 tablespoons chopped pecans

NUTRITION INFORMATION: 72
Calories; 3 grams Fat; 0.5 grams
Saturated Fat; 1 mg Cholesterol; 49 mg
Sodium; 1-gram Fiber; 2 grams Protein;
10 grams Carbohydrates

DIRECTIONS

1. Preheat the grill to medium-high heat. In a small bowl, mix honey, cream cheese and cinnamon.
2. Brush peach halves with a light coating of oil. Place cut side down on the grill and cook for 5 minutes. Turn peaches over and place a Tablespoon of the cream cheese mixture in the middle of each peach half.
3. Grill for another 2-3 minutes. Remove from grill and sprinkle pecans on top. Serve immediately.