



Grilled fruit with balsamic vinegar syrup

Serves 6 – 8

1 pineapple, peeled, cored and cut into wedges (or 1" thick rings)
2-3 large mangoes, cored and cut in half
2-3 large peaches, cored and cut in half
Butter-flavored cooking spray
1 ½ Tablespoons brown sugar
½ cup balsamic vinegar
Mint or basil leaves, for garnish

- In a large bowl, toss pineapple, mangoes and peaches. Spray with cooking spray. Toss and spray again to ensure the fruit is well-coated. Sprinkle with brown sugar. Toss to coat evenly. Set aside.
- In a small saucepan, heat the balsamic vinegar over low heat. Simmer until the liquid is reduced in half, stirring occasionally. Remove from the heat.
- Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray.
- Place the fruit on the grill racks or broiler pan. Grill or broil over medium heat until the sugar caramelizes, about 3 to 5 minutes.
- Remove fruit from grill. Drizzle with balsamic syrup and garnish with mint or basil. Serve immediately.

Nutritional information (per serving):

Calories: 120

Fat: 0g

Saturated Fat: 0g

Carbohydrates: 28g

Fiber: 3g

Protein: 1g