Grilled Peaches With Sweet Balsamic Glaze

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

In this delightful recipe, two techniques—grilling and reduction—bring out the best of each ingredient, creating a dessert that is bursting with flavor. When grilled, peaches become almost caramelized, creating a sensationally sweet flavor without added sugars. Boiling balsamic vinegar and reducing it by half transforms it into a smooth, flavorful syrup. Made with simple ingredients, this dessert is a spectacular finish to any meal.

About the Recipe

176 Calories · 2 g Protein · 5.2 g Fiber
Dessert
Gluten-free

Ingredients

Makes 4 Servings

- 4 ripe peaches, halved and pitted
- to taste butter-flavor vegetable oil cooking spray
- 1/2 c (120 mL) good quality balsamic vinegar
- 1 tbsp (15 mL) brown sugar
- 1/2 tbsp (7.5 mL) lemon juice
- 1 tsp (5 mL) almond extract
- 4 mint sprigs

Directions

1. Heat a gas grill to medium-high. Coat peach halves with cooking spray (use about 2 sprays per peach half).
2. Place peaches cut side down on the grill and grill for about 4 to 5 minutes per side, until grill marks appear and peaches are slightly softened.
3. While peaches are grilling, prepare the glaze. Add vinegar to a small saucepan over medium-high heat. Boil vinegar until it is reduced by half and looks thick.
4. Add sugar, lemon juice, and almond extract.
5. Remove peaches from the grill and place cut side up on a dessert dish. Drizzle with balsamic glaze and garnish with a mint sprig.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 176
Fat: 0.2 g
    Saturated Fat: 0 g
    Calories From Fat: 1.2%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 40.2 g
Sugar: 33.2 g
Fiber: 5.2 g
Sodium: 30 mg
Calcium: 32 mg
Iron: 1.8 mg
Vitamin C: 13.4 mg
Beta-Carotene: 1,048 mcg
Vitamin E: 2 mg