

Dessert, Grill

Grilled Peaches with Honey and Queso Fresco

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Servings: 6

Preparation Time: 15 minutes

Grill Time: 6 minutes

1/2 cup honey

1 tablespoon white wine vinegar

1/2 teaspoon ground ancho chile pepper

1 teaspoon snipped fresh sage

6 ripe peaches

4 ounces (1 cup) queso fresco, coarsely crumbled

fresh sage sprigs (optional)

In a small saucepan, combine the honey, vinegar, chile pepper and snipped sage.

Heat and stir over medium heat just until the mixture comes to a boil. Remove from heat and cool slightly.

Cut the peaches in half lengthwise and remove the pits.

Brush the cut sides of the peaches with some of the honey mixture.

FOR A CHARCOAL GRILL: Grill the peach halves, cut sides down, on the rack of an uncovered grill directly over medium coals for 6 to 8 minutes or until lightly browned and warmed through, turning once halfway through the grilling.

FOR A GAS GRILL: Preheat the grill. Reduce heat to medium. Place the peach halves on the grill rack over heat. Grill the peach halves, cut sides down, covered for 6 to 8 minutes or until lightly browned and warmed through, turning once halfway through the grilling.

Place two peach halves on each of six dessert plates.

Drizzle the remaining honey mixture on top of the peaches.

Sprinkle with queso fresco.

Garnish with sage sprigs, if desired.

Serve warm.

Per Serving (excluding unknown items): 196 Calories; 6g Fat (27.9% calories from fat); 9g Protein; 28g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 100mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Fat; 1 1/2 Other Carbohydrates.