

Dessert

Bourbon-Glazed Peaches with Yogurt

Julianna Grimes

Cooking Light Magazine - August 2011

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1 piece (2 inch) vanilla bean, split lengthwise

1 cup plain 2% reduced-fat Greek yogurt

5 1/2 tablespoons dark brown sugar, divided

1/8 teaspoon fine sea salt, divided

3 tablespoons bourbon

1/2 teaspoon vanilla extract

4 firm, ripe peaches, halved and pitted

Scrape the seeds from the vanilla bean into a medium bowl.

Combine the seeds, bean, yogurt, 1 1/2 tablespoons sugar and a dash of salt. Let stand for one hour. Discard the bean.

Preheat the oven to 350 degrees.

In a large bowl, combine the remaining 1/4 cup of sugar, remaining salt, bourbon and vanilla extract, stirring with a whisk.

Add the peaches. Toss gently.

Arrange the peaches, cut side down, on a parchment-lined baking sheet. Reserve the sugar mixture.

Bake the peaches for 10 minutes. Turn the peach halves over. Drizzle the cavities with the reserved sugar mixture.

Bake an additional 10 minutes or until just tender.

Serve with yogurt and juices.

Per Serving (excluding unknown items): 99 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 19g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 Other Carbohydrates.