

Grilled Peach Skewers with Honeyed Greek Yogurt

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Servings: 4

Preparation Time: 30 minutes

Grill Time: 2 minutes

1/2 cup honey
1 3-inch cinnamon stick
3 1/2 cups orange juice
2 tablespoons rum (optional)
4 peaches, pitted and quartered
16 6-inch wooden or metal skewers
2 cartons (7 oz) plain 2% Greek yogurt
2 tablespoons honey
1/2 teaspoon ground cinnamon
1/4 cup sweetened flaked coconut, toasted

In a small saucepan, heat the 1/2 cup of honey and the cinnamon stick over low heat. When hot (but not boiling), remove from the heat.

Stir in the orange juice and rum, if desired.

Place peaches in a single layer in a shallow dish. Pour the honey mixture over the peaches. Cover and marinate for one hour.

Drain the peaches, reserving the honey mixture. Thread a peach quarter onto each skewer. Brush peaches with the honey mixture.

FOR A CHARCOAL GRILL: Grill peaches on the greased rack of an uncovered grill directly over medium coals for 2 to 4 minutes or until golden brown and , turning once and brushing occasionally with some of the reserved honey mixture.

FOR A GAS GRILL: Preheat the grill. Reduce heat to medium. Place the skewers on a greased grill rack over heat. Cover and grill as directed above.

If desired, heat any remaining marinade in a saucepan over low heat.

In a small bowl, gently stir together the Greek yogurt, two tablespoons of honey and the ground cinnamon. Divide the mixture among four to eight bowls. Top with the grilled peaches.

If desired, drizzle with the remaining marinade and sprinkle with toasted coconut.

Per Serving (excluding unknown items): 296 Calories; 1g Fat (1.6% calories from fat); 2g Protein; 77g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 0 Fat; 3 Other Carbohydrates.