

# **Honey-Caramelized Peaches with Grouper**

Judy Hevrdejs - Chicago Tribune  
Palm Beach Post

**Servings: 4**

**4 fresh freestone peaches, halved and pitted**  
**1/2 teaspoon salt**  
**cracked black pepper**  
**1/4 cup olive oil**  
**2 tablespoons olive oil (additional)**  
**1/4 cup honey**  
**1 teaspoon fresh rosemary, chopped**  
**4 halibut or grouper fillets**  
**4 cups arugula**

Season the peach halves with 1/4 teaspoon of salt and pepper to taste.

Heat three tablespoons of olive oil in a skillet over high heat. When the oil is shimmering hot, put the peaches, flesh-side down in the oil. Saute's until dark and almost charred.

Add the honey and toss the peaches gently. The honey and oil will form a caramel glaze. Remove from the heat. Sprinkle with rosemary. Drizzle the peaches with a little of the glaze.

Meanwhile, season the fish fillets with the remaining salt. Heat one tablespoon of olive oil in a large skillet over medium heat. Cook the fillets, turning once, until opaque and flaky, about 5 minutes per side.

Toss the arugula with the remaining olive oil. Divide the arugula among four plates. Set a fish fillet and caramelized peaches atop each. Drizzle with any remaining glaze.

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Per Serving (excluding unknown items): 189 Calories; 14g Fat (62.0% calories from fat); 1g Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.