

Grilled Cantaloupe

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Servings: 4

Start to Finish Time: 10 minutes

1 cantaloupe, seeded and cut into eight slices

1 tablespoon olive oil

1/2 cup 2% plain Greek yogurt

1/4 cup honey

1/2 cup raspberries

1/4 cup shelled pistachios

Preheat the grill to medium.

Rub the melon with oil. Grill, covered, for about 4 minutes, turning once.

In a medium bowl, combine the yogurt and honey. Top the melon with yogurt and sprinkle with the berries and nuts. (Or serve the toppings separately and let everyone help themselves.)

Per Serving (excluding unknown items): 150 Calories; 4g Fat (21.2% calories from fat); 1g Protein; 31g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 Fruit; 1/2 Fat; 1 Other Carbohydrates.