

GRILLED

# PEACH CAPRESE

Recipe of the Month | **AUGUST**



## INGREDIENTS

- 2 medium peaches
- 2 oz fresh mozzarella
- 4-6 basil leaves
- 4 tbsp balsamic vinegar
- 1 tsp honey
- olive oil (for grill)

## WAC Fun Food Fact

Summer produce is in full swing and now is the time to select peaches. High in antioxidants, low in calories and high in fiber this fruit is a delicious powerhouse. Peaches are rich in the vitamins; A, C, E, K, B1, B2, and B3. They are also high in the minerals; calcium, potassium, magnesium, iron, manganese, phosphorus, zinc and copper. When selecting peaches always smell the fruit, it should have a sweet scent and soft to the touch but not mushy. Store peaches at room temperature, upside down to avoid bruising.

## INSTRUCTIONS

- 1** Preheat grill to medium heat. Wash peaches and slice lengthwise around the middle to form rings. Lightly twist each ring to remove from the pit. Ripe peaches should easily come away from the pit.
- 2** Slice mozzarella into circles. Thinly slice basil leaves to form ribbons.
- 3** Lightly oil your grill with olive oil to prevent sticking. Lay each peach ring on the grill and cook until lines form on the bottom surface, then flip and cook the other side. This should take less than 5 minutes per side.
- 4** Meanwhile, add balsamic vinegar and honey to a small saucepan. Cook over low heat until sauce thickens but is still pourable, about 5 minutes.
- 5** Arrange grilled peaches and mozzarella on a plate or platter, alternating peach and cheese slices. Drizzle balsamic reduction over the top and sprinkle with basil ribbons.

Prep Time: 10 minutes    Cook Time: 10 minutes    Yield: 4 small servings  
Calories per serving: 107    Fat per serving: 3.5g    Carbs per serving: 12g  
Protein per serving: 4g