

Good nutrition is one of the keys to good health. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. You should drink milk every day to give your bones the calcium that makes them strong. For most people, foods that are high in fiber are a good choice, and almost everyone should eat several fruits and vegetables every day.



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OSU Extension Service



Grilling Fresh Fruits & Vegetables



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The Apple

Why apples are good for you *

A medium apple has 80 calories and no fat. It provides 20 percent (7 grams) of the recommended daily allowance of dietary fiber. It also provides 8 percent of your vitamin C for the day.

Buying and storing apples *

Avoid fruit with bruises, broken skin, or internal browning. Select apples that are bruise-free and firm to the touch, with good color (color depends on the variety), flavorful taste, and pleasant smell. Keep apples refrigerated. Apples continue to ripen after harvest. To avoid discoloration, keep the surface of apples dry. Do not rinse until ready to use.

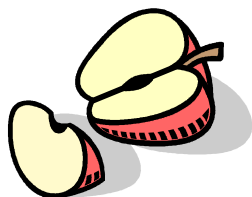
Grilled Apples

INGREDIENTS

- 4 medium tart apples, cored
- 1/3 cup raisins
- 1/3 cup flaked coconut
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon

DIRECTIONS

Place each apple on a piece of heavy-duty foil (about 12 in. square). Combine the remaining ingredients; spoon into center of apples. Fold foil over the apples and seal tightly. Grill, covered, over medium heat for 20-25 minutes or until apples are tender. Open foil carefully to allow steam to escape.



Fruited Grilled Beef Steak

- 1/4 cup olive oil
- 1/4 cup minced apple
- 1/2 cup diced honeydew
- 1/2 cup diced mango
- 1 tablespoon garlic salt
- 2 tablespoons Worcestershire sauce
- 2 teaspoons kosher salt
- 1/4 teaspoon hot pepper sauce
- 1 tablespoon ground black pepper
- 6 pounds beef steaks

1. In a small saucepan over low heat, combine the oil, apple, honeydew, mango, garlic salt, Worcestershire sauce, kosher salt, hot pepper sauce to taste and ground black pepper.
2. Heat for about 5 minutes to get warm. Place the steak in a shallow nonporous dish. Cover with the marinade and refrigerate, covered, for at least 3 hours. Flip steak over halfway through marinating.
3. Preheat an outdoor grill for high heat and lightly oil grate.
4. Grill steak for 10 minutes per side, dousing with remaining marinade, if desired. Steak is done when internal temperature reaches at least 145 degrees F (63 degrees C).



Grilling Fruit & Vegetable Tips

- Cucumbers don't make the grade, nor does celery, lettuce or most leafy greens!
 - Cut larger or dense vegetables into smaller pieces and skewer them make cooking faster. Pre-cooking some vegetables may be the better way to deal with this issue.
 - Be sure to wash all fruits and vegetables before preparation.
 - Marinades often work well and most vegetables cook better and are less likely to stick if brushed with high-quality oil.
 - Sliced veggies may handle better (and not fall through the grate) when speared on kabobs or wrapped in heavy duty foil.
 - Cooking in foil will lessen the smoky flavor that is part of the appeal of grilling.
 - Cooking times will vary according to your choice of vegetable. Be sure to keep a close watch, though, as veggies are generally more delicate than meats and other grillables. A touch of smoke greatly enhances vegetables, but charred lumps of carbon won't be a hit at anyone's cookout!
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- Top the fruit with a little bit of honey, balsamic vinegar or even some chili powder—a perfect summer dessert!
 - Make sure when you grill the fruit you hear a sizzle. The sugar in the fruit caramelizes, meaning the fruit is almost ready.
 - Just wait for the fruits to start to soften or the vegetables to get grill marks.
 - Grill fruits or vegetables. When grilling, wrap vegetables in aluminum foil, or use skewers of pineapple, yellow squash, eggplant, nectarines, zucchini, or cherry tomatoes, onions, mushrooms. Place over medium-hot coals for a fun-to-eat and flavorful BBQ treat.

Asparagus



Why Asparagus is good for you*

Five spears of asparagus have only 25 calories and no fat. It provides 2 grams of dietary fiber, which is 8 percent of your recommended daily allowance. It also provides 10 percent of vitamin A and 15 percent of your vitamin C.

Buying and Storing Asparagus*

Avoid asparagus with wilted appearance or spreading tips. Asparagus should be fresh and firm with compact tips. Spears should be straight and round, and snap easily when bent. Contrary to popular belief, spears with larger diameters are just as tender as slender spears. Keep asparagus refrigerated. To prolong shelf life, stand asparagus, butt-end down, in 1 inch of water.

Grilled Asparagus

INGREDIENTS

- 1 pound fresh asparagus spears, trimmed
- 1 tablespoon olive oil
- salt and pepper to taste

DIRECTIONS

Preheat grill for high heat.

Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste. Grill over high heat for 2 to 3 minutes, or to desired tenderness.

Servings Per Recipe: 4 Amount Per Serving: Calories: 56, Total Fat: 3.6g, Cholesterol: 0mg, Sodium: 99mg, Total Carbs: 5.2g, Dietary Fiber: 2.4g, Protein: 2.6g

The Cantaloupe



Why Cantaloupe are good for you *

Orange and yellow fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. They can help heart health, vision health, a healthy immune system, and lower risk of some cancers. One ¼ wedge of melon is only 29 calories and 0 fat.

Buying and Storing Cantaloupe *

Choose cantaloupes that have a characteristic aromatic smell, a smooth, rounded stem scar, yield slightly to pressure on the blossom end (opposite of the stem scar), and have a yellow background under raised well-developed netting. Some new varieties retain a green-colored background when ripe. Melons should be free of cuts, bruises, or other defects. Place cantaloupe in the refrigerator crisper, where the humidity tends to be higher. Under these conditions, freshly harvested cantaloupe, picked at full slip, lasts about 5 to 15 days, depending on variety and growing conditions. When purchased from a grocery or super-market, melons will keep in the refrigerator for about 5 days.

Summer Squash

Why squash is good for you *

Squash and pumpkin contain vitamins A and C, some B vitamins, also iron and calcium. Pumpkin and the winter squash varieties are especially good sources of vitamin A. Calories per cup serving: Summer Squash - 15, Winter Squash - 65, Pumpkin - 40.

Buying and Storing Squash *

Skin should appear fresh, glossy, tender and free from blemishes; both skin and seeds are eaten. Avoid over-developed summer squash - it has hard rind, dull appearance and enlarged seeds and tends to be stringy. Crookneck and Straight Neck - delicate yellow, pebbly skin; gold color indicates it is over-ripe. Zucchini is dark green, long and straight, 8 to 10 inches in length. Spaghetti Squash - yellow to golden yellow skin, light yellow flesh, 8 to 10 inches long and 4 to 6 inches in diameter. After cooked in water about 30 minutes, flesh separates into spaghetti-like strands. Summer squash is best when eaten soon after purchase, store in refrigerator and use in 3 to 5 days.

INGREDIENTS

- 1/4 cup light olive oil
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 tablespoon Worcestershire sauce
- 2 zucchinis, cut into 1/2-inch slices
- 2 large white onions, sliced into 1/2-inch wedges
- 2 yellow squash, cut into 1/2-inch slices



DIRECTIONS

1. In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce. Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.
2. Preheat an outdoor grill for high heat and lightly oil grate. Place marinated vegetable pieces on skewers or directly on the grill. Cook 5 minutes, or to desired doneness.

Bell Peppers

Why peppers are good for you *

Bell peppers are an excellent source of Vitamin C; other peppers may also contain some amounts. One bell pepper is only 28 calories. Red orange and bright yellow peppers can contain some Vitamin A. Peppers are low in calories and high in fiber. Green fruits and vegetables contain varying amounts of potent phytochemicals such as lutein and in-doles, which interest researchers because of their potential anti-oxidant, health-promoting benefits. Eating peppers help lower risk of some cancers, improves vision health, and builds strong bones and teeth.

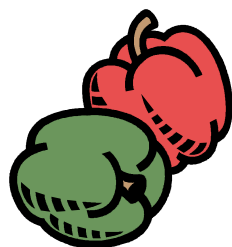
Buying and Storing Peppers *

Choose peppers that are firm, crisp, fresh and brightly colored. Avoid those that are overripe, soft, bruised or blistered. Avoid pale green skins and soft, pliable flesh which shows immaturity. Store green peppers in the refrigerator crisper at 46-48 degrees F for no longer than 2 weeks. Peppers can be easily frozen whole, halved, sliced or diced. Wash, cut off stem and remove seeds. **DO NOT BLANCH.** Pack into freezer bags or boxes.

Grilled Peppers and Zucchini

INGREDIENTS

- 1 medium green pepper, julienned
- 1 medium sweet red pepper, julienned
- 2 medium zucchini, julienned
- 1 tablespoon butter or margarine
- **2 teaspoons soy sauce**



DIRECTIONS

Place the vegetables on a double layer of heavy-duty foil (about 18 in. x 15 in.). Dot with butter; drizzle with soy sauce. Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 10-15 minutes or until vegetables are crisp-tender.

Cantaloupe Skewers

INGREDIENTS

- 1 cantaloupe - peeled, seeded, and cubed
- 1/4 cup butter
- 1/2 cup honey
- 1/3 cup chopped fresh mint leaves
- skewers

1 DIRECTIONS

1. Preheat grill for medium heat.
2. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter with honey until melted. Stir in mint. Brush cantaloupe with honey mixture.
3. Lightly oil grate. Grill skewers 4 to 6 minutes, turning to brown all sides. Serve with remaining sauce.

Servings Per Recipe: 4 Amount Per Serving: Calories: 308, Total Fat: 12.2g, Cholesterol: 31mg, Sodium: 138mg, Total Carbs: 52.9g, Dietary Fiber: 1.7g, Protein: 2.6g

Broccoli



Why broccoli is good for you *

Broccoli is low calorie and fat free. It is a good source of folate and is high in vitamin C. It has no cholesterol.

Buying and storing broccoli *

Avoid broccoli with open, flowering, discolored, or water-soaked bud clusters and tough, woody stems. Good quality broccoli should have fresh-looking, light green stalks of consistent thickness. Bud clusters should be compact and dark green with some purple tinge. Refrigerate broccoli in crisper.

Grilled Broccoli

INGREDIENTS

- 6 cups fresh broccoli spears
- 2 1/2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup grated Parmesan cheese

DIRECTIONS

1. Place broccoli in a large bowl. Combine the lemon juice, oil, salt and pepper; drizzle over broccoli and toss to coat. Let stand for 30 minutes.
2. Coat grill rack with nonstick cooking spray before starting the grill. Prepare grill for indirect heat. Toss broccoli, then drain marinade. Place Parmesan cheese in a large resealable plastic bag. Add broccoli, a few pieces at a time, shake to coat.
3. Grill broccoli, covered, over indirect medium heat for 8-10 minutes on each side or until crisp-tender.

Nutritional Analysis: 1 cup equals 107 calories, 8 g fat (3 g saturated fat), 8 mg cholesterol, 304 mg sodium, 5 g carbohydrate, 2 g fiber, 6 g protein. Diabetic Exchanges: 1-1/2 fat, 1 vegetable

The Potato

Why potatoes are good for you *

A medium potato has 100 calories and no fat. It provides 9 percent of your daily allowance of carbohydrates and 12 percent of dietary fiber. It provides 45 percent of your recommended daily allowance of vitamin C. Fat free, Sodium free, Cholesterol free, High in vitamin C, Good source of fiber, Good source of potassium

Buying and storing potatoes *

Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces, or green appearance. All potato varieties should be uniformly sized, fairly clean, firm, and smooth. Store potatoes on the countertop.

Skewered Grilled Potatoes

INGREDIENTS

- 2 pounds red potatoes, quartered
- 1/2 cup water
- 1/2 cup light mayonnaise
- 1/4 cup dry white wine
- 2 teaspoons crushed dried rosemary
- 1 teaspoon garlic powder
- wooden skewers, soaked in water for 30 minutes

DIRECTIONS

1. Place potatoes and water in a microwave safe bowl. Cook potatoes in microwave on high until just tender, about 15 minutes, stirring half-way through. Drain potatoes and allow to steam for a few minutes to dry.
2. In a large bowl, stir together mayonnaise, wine, rosemary, and garlic powder. Mix in drained potatoes and toss to coat. Marinate, covered, in the refrigerator for 1 hour.
3. Preheat an outdoor grill for high heat and lightly oil grate. Remove potatoes from marinade, and skewer. Grill, covered, for 6 to 8 minutes, brushing occasionally with marinade, turning half-way through. Remove potatoes from skewers and serve hot.

Grilled Vegetable Potato Skins

INGREDIENTS

- 2 large baking potatoes
- 1 cup sliced yellow summer squash
- 1 cup sliced zucchini
- 1/2 large red pepper, julienned
- 1/2 large green pepper, julienned
- 1 small red onion, cut into 1/4-inch wedges
- 1/4 cup reduced-fat Italian salad dressing
- 1 1/2 teaspoons canola oil
- 1/2 teaspoon salt, divided
- 1/4 cup shredded reduced-fat Cheddar cheese



DIRECTIONS

1. Pierce potatoes several times with a fork and place on a microwave-safe plate. Microwave on high for 18-20 minutes or until tender, rotating the potatoes once. Let stand until cool enough to handle.
2. Meanwhile, in a large resealable plastic bag, combine the summer squash, zucchini, peppers and onion. Pour salad dressing over vegetables. Seal bag and turn to coat; marinate for 20 minutes.
3. Cut each potato in half lengthwise. Scoop out pulp, leaving a thin shell (discard pulp or save for another use). Brush inside of shells with oil and sprinkle with 1/4 teaspoon salt.
4. Coat grill rack with nonstick cooking spray. Place potato shells skin side up on grill rack. Grill, covered, over indirect medium heat for 10 minutes or until golden brown.
5. Drain vegetables, reserving marinade. Grill vegetables in a grill basket, uncovered, over medium heat for 10 minutes or until tender, basting with reserved marinade.
6. Sprinkle potato skins with cheese. Fill with grilled vegetables; sprinkle with remaining salt. Grill 5 minutes longer or until cheese is melted.

The Pear

Why pears are good for you *

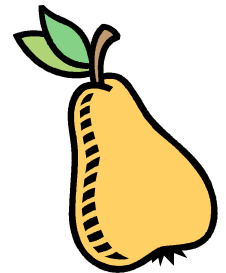
A medium sized pear (3-1/2 oz.) provides about 100 calories and is a good source of fiber in the diet. Pears also contain a fair amount of potassium, riboflavin and vitamins C, and small amounts of vitamin A.

Buying and Storing pears *

The ripeness of pears is best judged by color. Check for good color for the variety you are considering buying. For example, the Bartlett pear when unripe is green; when ripe it changes to yellow. Other pears will ripen to different colors. Select pears that are free from bruises or injury to the skin and the pear should feel firm. It gradually becomes less firm as it ripens at home. To ripen pears, place in a loosely closed paper bag at room temperature until the flesh responds easily to a gentle pressure at the neck with your thumb. Check pears daily for ripeness. Always handle pears gently. They bruise easily, which can lead to rapid decay of the fruit. After pears are ripened, store them in the refrigerator. Select firmer pears for baking, cooking or canning.

Grilled Pears with Currants

- 1/3 cup dried currants
- 1/4 cup apple juice
- Pinch of freshly ground pepper
- 6 firm but ripe Anjou pears
- 4 tablespoons unsalted butter, melted
- Vegetable oil for brushing on grill



Prepare a hot fire in a charcoal grill or preheat a gas or electric grill on high. In a small bowl, combine the currants, apple juice, and pepper. Allow the currants to marinate until ready to serve. Peel the pears and cut them in half lengthwise. Use a paring knife or melon baller to remove the core, leaving a gumball-sized-hole. Place in a shallow dish and brush all over with the melted butter. When ready to grill, brush the grill grate with vegetable oil. Place the pears, cut side up, in a single layer directly over the hot fire. Cook just until grill marks appear, about 3 minutes. Brush with any butter remaining in the dish, then turn and grill until tender but firm, about 3 to 4 minutes longer. Serve warm with a little of the apple juice soaked currants spooned over the top. Serves 6

Eggplant Mixed Grill

INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh basil
- 1 tablespoon balsamic vinegar
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 6 cloves garlic, minced
- 1 red onion, cut into wedges
- 18 spears fresh asparagus, trimmed
- 12 crimini mushrooms, stems removed
- 1 (1 pound) eggplant, sliced into 1/4 inch rounds
- 1 red bell pepper, cut into wedges
- 1 yellow bell pepper, cut into wedges

1 DIRECTIONS

1. In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

Servings Per Recipe: 6 **Amount Per Serving:** Calories: 109, **Total Fat:** 4.9g, **Cholesterol:** 0mg, **Sodium:** 334mg, **Total Carbs:** 13.9g, **Dietary Fiber:** 4.8g, **Protein:** 4.4g

Grilled Radishes

INGREDIENTS

- 20 ounces radishes, sliced
- 2 cloves garlic, minced
- 2 tablespoons butter, cut into small pieces
- 1 cube ice
- salt and pepper to taste

DIRECTIONS

1. Preheat the grill for high heat.
2. Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.
3. Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.

Servings Per Recipe: 6 **Amount Per Serving:** Calories: 54, **Total Fat:** 4.4g, **Cholesterol:** 10mg, **Sodium:** 127mg, **Total Carbs:** 3.7g, **Dietary Fiber:** 1.5g, **Protein:** 0.7g

Red Onions

- 2 small red onions
- 1/2 cup cider vinegar
- 1/4 cup sugar
- 1 teaspoon salt

DIRECTIONS

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Peel onions and trim root ends just slightly. Quarter the onions, keeping the layers intact with the remaining root ends. If necessary, use a toothpick to keep layers together while on the grill.
3. Grill onions until slightly charred, about 5 minutes. Remove from the grill and place in a nonreactive bowl.
4. Meanwhile, heat vinegar, sugar, and salt in a small non-reactive saucepan over medium heat. Stir until the sugar is dissolved. Pour hot liquid over the grilled onions and let stand for 10 to 15 minutes. Remove onions from liquid and refrigerate until ready to use.

Servings Per Recipe: 4 **Amount Per Serving:** Calories: 66, **Total Fat:** 0.1g, **Cholesterol:** 0mg, **Sodium:** 583mg, **Total Carbs:** 17.3g, **Dietary Fiber:** 0.6g, **Protein:** 0.4g

Corn

Why Corn is good for you *

A medium ear of corn has 75 calories and 1 gram of fat. It has 17 grams of carbohydrate and 1 gram of dietary fiber. It supplies 5 percent of the recommended daily allowance of vitamin A and 10 percent of the allowance of vitamin C.

Buying and storing Corn *

Avoid corn with discolored or dry-looking husks, stem ends, or kernels. Good quality corn should have fresh green husks with silk ends that are free of decay or worms. Ears should be evenly covered with plump, consistently sized kernels. Keep corn refrigerated. Corn is highly perishable; eat as soon as possible.

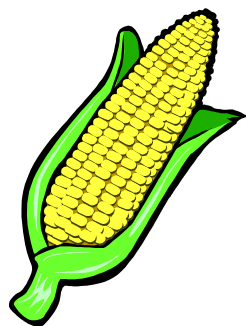
Corn has several nutrition benefits such as:*

Low fat, Saturated fat free, Cholesterol free, Good source of the antioxidant vitamin C

Grilled Corn on the Cob in Husks

INGREDIENTS

- 4 ears sweet corn, in husks
- 1/4 cup butter, softened
- 2 tablespoons minced fresh parsley
- 1/4 cup grated Parmesan cheese



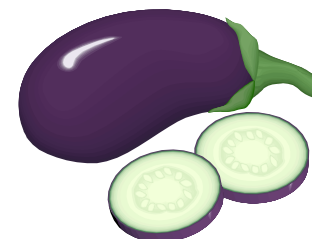
DIRECTIONS

Carefully peel back husks from corn to within 1 in. of bottom; remove silk. Combine the butter and parsley; spread over corn. Re-wrap corn in husks and secure with string. Soak in cold water for 20 minutes; drain.

Grill corn, covered, over medium heat for 20-25 minutes or until tender, turning often. Serve with Parmesan cheese.

Nutrition Facts: 1 ear of corn (prepared with reduced-fat butter) equals 196 calories, 9 g fat (5 g saturated fat), 24 mg cholesterol, 186 mg sodium, 28 g carbohydrate, 4 g fiber, 8 g protein. Diabetic Exchanges: 2 starch, 1 fat.

The Eggplant



Why eggplants are good for you *

Boost the level of **BLUE/PURPLE** in your low-fat diet to help maintain a lower risk of some cancers, urinary tract health, memory function and healthy aging. Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits.

Buying and Storing eggplants *

Whatever variety of eggplants you buy, they should be firm and smooth. Look them over carefully for small worm holes, brown spots (these are hard to see on dark purple eggplants so be eagle-eyed), or signs of shriveling which indicate they are older than they should be and consequently may be bitter. Stems are usually present on eggplants and these are a good indication of freshness if they are green and not withered. Eggplants in good condition when purchased will keep for a few days in the vegetable bin of a refrigerator, but don't push your luck - use them fairly soon.

Green Beans

Buying and Storing Green Beans*

Good quality beans should have long, straight pods and be well colored. They should also be free of decay or blemishes and snap easily when bent. Keep green beans refrigerated. Store them unwashed in plastic bags.

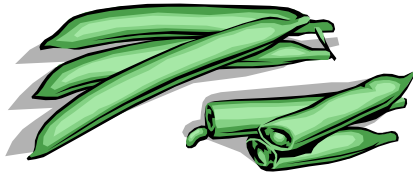
Green Beans have several nutrition benefits:*

Low Calorie, Saturated Fat Free, Sodium Free, Cholesterol Free
Good Source of Fiber, Good Source of the antioxidant vitamin C

Foil Wrapped Veggies

INGREDIENTS

- 2 1/2 pounds new potatoes, thinly sliced
- 1 large sweet potato, thinly sliced
- 2 Vidalia onions, sliced 1/4 inch thick
- 1/2 pound fresh green beans, cut into 1 inch pieces
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 2 tablespoons olive oil
- salt and pepper to taste
- 1/4 cup olive oil



DIRECTIONS

1. Preheat grill for high heat.
2. In a large bowl, combine the new potatoes, sweet potato, Vidalia onions, green beans, rosemary, and thyme. Stir in 2 tablespoons olive oil, salt, and pepper to coat.
3. Using 2 to 3 layers of foil, create desired number of foil packets. Brush inside surfaces of packets liberally with remaining olive oil. Distribute vegetable mixture evenly among the packets. Seal tightly.
4. Place packets on the preheated grill. Cook 30 minutes, turning once, or until potatoes are tender.

Servings Per Recipe: 10 **Amount Per Serving:** Calories: 233, **Total Fat:** 8.5g, **Cholesterol:** 0mg, **Sodium:** 54mg, **Total Carbs:** 37g, **Dietary Fiber:** 4.8g, **Protein:** 4g

The Peach



Why peaches are good for you *

One medium peach has only 40 calories and no fat. It provides 8 percent of your daily requirement for fiber and 10 percent of your daily requirement of Vitamin C.

Buying and storing peaches *

Avoid bruised or discolored peaches. Green color indicates immaturity. Shriveling at the stem end or excessive softening are indications of overripe peaches. Choose bright, fresh-looking peaches. Skin color should be creamy or yellow with varying degrees or red blush or mottling, depending on the variety. Ripe peaches should yield to gentle palm pressure.

Unripe peaches should be stored on the countertop in a closed paper bag. Ripe peaches should be kept refrigerated. Peaches continue to ripen after harvest.

Grilled Peaches with Berry Sauce

INGREDIENTS

- 1/2 (10 ounce) package frozen raspberries in syrup, slightly thawed
- 1 1/2 teaspoons lemon juice
- 2 fresh peaches, peeled and halved
- 5 teaspoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 teaspoon butter or margarine

DIRECTIONS

In a blender or food processor, process raspberries and lemon juice until pureed. Strain and discard seeds. Cover and chill. Place the peach halves, cut side up, on a large piece of heavy-duty foil (about 18 in. x 12 in). Combine brown sugar and cinnamon; sprinkle into peach centers. Sprinkle with vanilla; dot with butter. Fold foil over peaches and seal. Grill over medium-hot coals for 15 minutes or until heated through. To serve, spoon the raspberry sauce over peaches.