



Grilled Fruit

Makes 3 cups | 3 servings | **Fruit**

Ingredients

- 1 cup pineapple chunks
- 1 melon (cantaloupe, watermelon, honeydew)
- 1 banana
- Skewers

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Preheat grill or broiler to 425°F.
3. Wash and dry the melon and banana. Cut the melon into cubes. Cut the banana into thick slices.
4. Place fruit chunks on a skewer to make kabobs.
5. Grill or broil 4 - 5 inches from heat (or in an electric skillet at 425°F) until the fruit is hot and slightly golden.

Variations

Change Fruits- Other fruits that grill well are apples, figs, peaches, pears, plums, and watermelon. Softer, smaller fruits like blueberries, raspberries or strawberries take less time to cook.

Glazed Grilled Pineapple- Preheat grill or broiler, or use an electric skillet on high heat, about 425°F. Coat cooking surface with non-stick spray. Peel, core, and cut ½ of a pineapple into ½-inch slices. Make a glaze by mixing 1½ teaspoons lime, lemon, or orange juice with 1 Tablespoon of honey, and ¾ teaspoon cinnamon. Mix until smooth. Spread glaze on each side of each piece of pineapple. Grill or broil 4 - 5 inches from heat (or in an electric skillet) for 5 - 10 minutes, turning once, until heated through and tender. Serve as a side with dinner, on a hamburger, or as a dessert with low-fat vanilla yogurt.

Grilled Peach Sundaes- Use 3 peaches to make Grilled Peach Sundaes. Preheat grill or broiler to high. Cut peaches in half and pit. Brush each peach half with canola oil. Grill or broil until tender. Top with frozen yogurt or sorbet.



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Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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