



# GRILLED PEACHES WITH BLUE CHEESE

**MACROS | SERVING SIZE**  
Protein 5g | Fat 9g | Carbs 23g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 198 | Protein 10% | Fat 42% | Carbs 47%

**NUTRIENTS | SERVING SIZE**  
Fiber 2g | Sodium 178mg | Sat. Fat 3g

## INGREDIENTS (serves 4)

- 1 cup balsamic vinegar
- 2 tsp. brown sugar
- Dash of nutmeg
- 2 large fresh peaches, halved and pitted
- 2 oz. crumbled blue cheese

## DIRECTIONS

1. In a saucepan over medium heat, stir together the balsamic vinegar, sugar, and nutmeg. Simmer until the liquid has reduced by half and the mixture becomes a little thicker. Remove from the heat and set aside.
2. Preheat the grill to medium-high heat and lightly oil the grate so the peaches won't stick.
3. Place peaches cut side down onto the grill. Cook until the flesh is toasted (about 4-5 minutes). Turn peaches over so cut side is facing up. Brush the top sides with the balsamic glaze, and cook for another 2-3 minutes and then remove from heat.
4. Drizzle the peach tops evenly with the remaining balsamic glaze and sprinkle with blue cheese and nuts

## NOTES

- Nutrition analysis values is based on a yield of 4 servings.

## NUTRITION EDUCATION

According to the World Health Organization, low fruit and vegetable consumption accounts for roughly 3 percent of deaths worldwide. A diet low in fruits and vegetables increases the risk for various diseases, such as cancer, heart disease, and diabetes. This is concerning because only about 13 percent of Americans meet the recommended intake level for fruits and vegetables.

For adults, the most recent (2020-2025) Dietary Guidelines for Americans recommend at least 1.5-2 cups equivalents of fruit and 2-3 cups equivalents of vegetables per day. Because "equivalents" is a bit confusing, experts determined nearly 15 years ago to update the visual graphic to represent America's food guidance graphic from the Food Guide Pyramid to MyPlate. This new visual shows a plate filled with half fruits and vegetables. The thought is that if most meals could comprise at least half fruits and vegetables for most meals, that overall intake would increase.

This does not mean that a fruit and a vegetable are required at every meal, but efforts should be made to have the plate half filled with produce most of the time while being sure to vary choices between fruits and vegetables.

For most Americans, increasing their produce intake is not harmful. The aim should be to meet the minimum recommendations rather than for at least eight daily servings. Care should be taken to prepare or choose items with limited amounts of added fat, sodium, or sugars.

Consider preparing a batch of grilled vegetables and/or fruits to use as sides in meals, tossed into a salad, or mixed in a wrap for meals later in the week.

## DIETITIAN TIP

Aim to fill your plate with half fruits and vegetables for most meals.

