



## Grilled Peaches with Shortbread Crumble

**Prep: 15 minutes**

**Grill: 12 minutes • Serves: 6**

- ½ cup coarsely crushed shortbread cookies
- 1 tablespoon all-purpose flour
- 1 tablespoon light brown sugar
- ¼ teaspoon ground cinnamon plus additional for sprinkling (optional)
- ⅛ teaspoon ground nutmeg
- 2 tablespoons unsalted butter, cut into small pieces
- 6 large peaches, halved and pitted
- 1 tablespoon vegetable oil
- 3 cups frozen vanilla yogurt

**1.** Prepare outdoor grill for direct grilling over medium heat. In medium bowl, combine shortbread crumbs, flour, sugar, cinnamon and nutmeg. With fingers, cut butter into flour mixture to coarse crumbs.

**2.** Brush cut sides of peaches with oil. Place peaches, cut side down, on hot grill rack; cover and cook 7 minutes or until grill marks appear. Turn peaches; spoon about 1 tablespoon crumb mixture into each peach half. Cover and cook 5 minutes longer or until grill marks appear.

**3.** Serve peaches with frozen yogurt; sprinkle with cinnamon, if desired.

*Approximate nutritional values per serving:*

*280 Calories, 11g Fat (5g Saturated), 22mg Cholesterol, 78mg Sodium, 42g Carbohydrates, 3g Fiber, 4g Protein*

### Chef Tips

*To coarsely crush cookies: Place cookies in large zip-top plastic bag; seal bag, pressing out excess air. With rolling pin or smooth side of meat mallet, coarsely crush cookies.*

*To halve peaches: with paring knife, cut each peach around center seam, then twist halves in opposite directions to separate.*

### Dietitian's Dish

> Flavor and sweetness of fruits are intensified with grilling. At your next BBQ, serve up skewers and a variety of cut fruit that guests can assemble themselves. Try pineapple, watermelon, apples, and strawberries!