



## Grilled Fruit Salad with Balsamic Drizzle

**Prep: 20 minutes plus cooling**

**Grill: 6 minutes • Serves: 4**

- 8 large strawberries, hulled
- 1 cantaloupe (about 3 pounds), rind removed, halved crosswise, seeded and cut into 1-inch-thick half-moons
- 1 seedless watermelon (about 3 pounds), rind removed, halved crosswise and cut into 1-inch-thick half-moons
- Nonstick cooking spray
- 1 cup crumbled feta cheese
- 2 tablespoons balsamic glaze
- 2 tablespoons chopped fresh basil

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray strawberries, cantaloupe and watermelon with cooking spray. Place fruit on hot grill rack; cook strawberries 3 minutes, and cantaloupe and watermelon 6 minutes or until grill marks appear, turning once. Transfer fruit to cutting board and cool; cut 4 strawberries, cantaloupe and watermelon into 1-inch pieces.
2. In large bowl, toss cut fruit and cheese. Makes about 11 cups.
3. Serve 8 cups fruit salad drizzled with balsamic glaze and sprinkled with basil; cover and refrigerate remaining fruit salad and 4 whole strawberries up to 1 day.

*Approximate nutritional values per serving  
(2 cups fruit salad, 1½ teaspoons balsamic glaze):  
204 Calories, 9g Fat (4g Saturated), 24mg Cholesterol,  
269mg Sodium, 30g Carbohydrates, 2g Fiber, 26g Sugars, 6g Protein*

### Dietitian's Dish

- > Grilling fruit intensifies the sweetness and flavor because of caramelization of the natural sugars.