

Spiced Peach Packets with Frozen Yogurt

Serves 4; 3/4 cup fruit and 1/4 cup frozen yogurt per serving

You can enjoy this dessert year round by using either fresh or frozen peaches and cooking the packets in the oven or on the grill.

4 cups peeled and thinly sliced fresh peaches (about 5 medium) or frozen unsweetened sliced peaches, thawed

1/4 cup honey

3 tablespoons fresh orange juice

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 cup fat-free vanilla frozen yogurt

Preheat the oven to 425°F.

In a small bowl, combine all the ingredients except the frozen yogurt, stirring to coat the peaches.

Cut four 12-inch-square pieces of aluminum foil. Spoon the peach mixture, including any juice, onto the center of each piece. Make packets by folding all the sides toward the center, over the peaches. Double fold the edges together to tightly seal the packets. Place the packets in a single layer on a baking sheet.

Bake for 15 to 20 minutes, or until the peaches are tender. Being careful to avoid steam burns, open the packets, allowing the steam to escape. Pour into small bowls. Top each serving with the frozen yogurt. Serve immediately.

Cook's Tip: To grill the peaches, assemble the packets as directed, but use heavy-duty aluminum foil. Preheat the grill on medium-high. Place the packets on a grill grate and grill on a covered grill for 8 minutes. Turn the packets over and grill for 5 minutes, or until the peaches are tender.

NUTRITION ANALYSIS (per serving)

Calories	188	
Total Fat	0.5 g	
Saturated Fat		0.0 g
Trans Fat		0.0 g
Polyunsaturated Fat		0.0 g
Monounsaturated Fat		0.0 g
Cholesterol	1 mg	
Sodium	43 mg	
Carbohydrates	45 g	
Fiber		3 g
Sugars		42 g
Protein	5 g	

Dietary Exchanges: 1 fruit, 2 carbohydrate

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