

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Grilled Peaches with Maple Mascarpone Cheese

Serves: 12

Modified from: www.JoyfulHealthyEats.com

Items Needed: cutting board, kitchen knife, measuring cups, measuring spoons, whisk or stirring spoon, small bowl, kitchen brush, grill

Ingredients:

- 6 peaches, halved
- 2 teaspoons canola oil
- 8 ounces mascarpone cheese
- 2 Tablespoons maple syrup
- 1 teaspoon vanilla extract
- ½ cup almond slices (for garnish)

Directions:

1. In a small bowl, mix together mascarpone, maple syrup, and vanilla extract until combined. Set aside.
2. Heat grill to medium high heat or 400 degrees.
3. Brush peaches with canola oil.
4. Place flesh side of peaches on grill.
5. Grill for 2-3 minutes on flesh side or until char marks are visible. Remove from grill.
6. Serve each peach half with a tablespoon of mascarpone and a tablespoon of almond slices.

Nutrition Information (per ½ peach):

Calories: 150 Fat: 11 g Carbs: 11 g Protein: 2 g Fiber: 1 g Sodium: 7 mg