

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY

Basil Lime Grilled Peaches

SERVES

4 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

½ cup organic sugar (plus more for sprinkling)

¼ cup water

¼ cup fresh lime juice

¼ cup fresh basil leaves

thinly sliced basil for garnish

vegetable oil

OR

pan spray for grilling

4 large peaches, quartered and pitted

fresh ground black pepper

Directions

- 1 In a saucepan over medium heat, combine the sugar with the water and stir until dissolved.
- 2 Turn off the heat and add the lime juice and basil leaves.
- 3 Let stand for at least 15 minutes or up to 1 hour, discard (remove) the basil leaves.
- 4 Light a grill or preheat a grill pan over medium heat; lightly oil the grates.
- 5 Lightly sprinkle the peaches with sugar and grill cut side down until dark brown grill marks form, about 2 minutes per cut side.
- 6 Transfer the peaches to bowls and season with a little black pepper.
- 7 Spoon some of the syrup on top, sprinkle with basil leaves and serve.