



INGREDIENTS

- 10 Peaches, fresh Size 80, Whole
- 4 Tablespoons Butter (melted)
- 6 Tablespoons Balsamic Vinegar (with brown sugar) or Balsamic Glaze
- Cinnamon (optional for dusting)

DIRECTIONS

1. Place a heavy skillet or grill pan over medium-high heat or preheat the gas grill to medium heat.
2. Halve the peaches and remove the pits. Brush the cut side of each peach half with melted butter to prevent sticking.
3. Place peach halves face-down in the hot pan or on the grill. Grill for about 3-4 minutes, pressing down gently with the back of a spoon to ensure they make good contact with the surface.
4. Flip the peaches and grill for an additional 2-3 minutes, or until they are tender and have developed nice grill marks.
5. While the peaches are grilling, prepare the balsamic glaze (if not using store-bought).
6. Combine balsamic vinegar with a touch of brown sugar in a small saucepan and simmer over low heat until it thickens to a syrupy consistency.
7. Drizzle the peaches with about 1 teaspoon of the glaze, letting it pool in the center of each peach half. Serve immediately.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

20 Peach Halves

PORTION SIZES

Toddler:	2 Peach Halves
Preschool:	2 Peach Halves
School Age:	3 Peach Halves
Adult:	2 Peach Halves