



# Grilled Peach & Pepper *Skewers*

## INGREDIENTS

2 large peaches, cut into 1-by-1 inch cubes

2 red bell peppers, cut into 1-inch squares

1 large red onion, cut into 1-inch cubes

1 Tbsp. olive oil, for coating

Salt and pepper to taste

Optional: fresh basil

4 skewers, metal or wood (if using wooden skewers, soak in water overnight to prevent burning)

- For Balsamic Glaze:
- 1 cup balsamic vinegar
- 1/4 cup honey

## DIRECTIONS

For Balsamic Glaze:

Combine balsamic vinegar and honey in a small saucepan.

Bring to a boil, then reduce heat to low and simmer for about 15 minutes, until mixture is thickened. Set aside to cool.

For Skewers:

Wash and chop peaches, bell peppers and onions.

Coat with olive oil; sprinkle with salt and pepper.

Position produce on skewers.

Grill skewers over medium heat until desired browning occurs.

Drizzle with balsamic glaze.

Add fresh basil to ends of skewers if desired.

NUTRITION (per skewer):

Calories: 180 | Fat: 4g | Sat Fat: 1g | Sodium: 9 mg | Carb: 35g | Fiber: 4g | Protein 2g

[www.goodmeasuremeals.com](http://www.goodmeasuremeals.com)