



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **“Heart Healthy Sweets” Grilled Fruit with Balsamic Vinegar Syrup**

**1 small pineapple, peeled, cored and cut into wedges  
2 large mangoes, cored and cut in half  
2 large peaches, cored and cut in half  
Nonstick, butter-flavored cooking spray  
2 tbsp brown sugar  
1/2 cup balsamic vinegar  
Mint or basil leaves, for garnish**

**In a large bowl, combine the pineapple, mangoes and peaches. Spray generously with cooking spray. Toss and spray again to ensure the fruit is well-coated. Sprinkle with brown sugar. Toss to coat evenly. Set aside. In a small saucepan, heat the balsamic vinegar over low heat. Simmer until the liquid is reduced in half, stirring occasionally. Remove from the heat. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4-6 inches from the heat source. Place the fruit on the grill racks or broiler pan. Grill or broil over medium heat until the sugar caramelizes about 3-5 minutes. Remove the fruit from the grill and arrange onto individual serving plates. Drizzle with balsamic syrup and garnish with mint or basil.**

*To store brown sugar and prevent it from hardening, seal the brown sugar in an air tight container and put a slice of bread or a slice of apple in the sugar filled container.*