

Grilled Fruit with Yogurt Whipped Cream



Grilling highlights the sweetness of fresh fruit through caramelization, enhancing the natural flavor with minimal effort. Lightening whipped cream with yogurt results in a sweet tart taste which is perfect with fruit desserts.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

For the Grilled Fruit:

1 lb Fresh Fruit (see chef's note)
As needed Cooking Spray

For the Whipped Cream:

1 cup Heavy Cream
1 cup Yogurt, plain, low-fat
2 Tbsp Powdered Sugar
1 tsp Vanilla Extract

CHEF'S NOTES

This recipe works best with ripe fruit, so use what's in season. Options include:

- **Peaches** (4 each), halved and pits removed
- **Pineapple** (1 each), peeled and core removed, cut into 1" thick slices or wedges
- **Mango** (2-3 each), peeled, pit removed
- **Bananas** (4 each), peeled and cut in half lengthwise
- **Watermelon** (1/2 each), cut into 1" thick wedges

The whipped cream recipe will yield about 3 cups. Store the remaining portion in a sealed container in the fridge for a few days. You can also swap the vanilla for citrus zest for a bright twist.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Preheat a grill to medium-high heat. Alternatively, preheat a grill pan over medium-high heat on the stove.
3. Spray one side of the fruit with a light coating of non-stick spray and lay on the grill or grill pan. Grill for about 3 minutes, until lightly charred. Flip pieces over and grill for another 1-2 minutes.
4. To make the whipped cream: In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, whisk in the sugar and vanilla.
5. In a separate bowl, whisk the yogurt to add air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream, just until combined.

Made with Peaches:

Nutrition Facts

8 servings per container

Serving size

**1/2 peach with 2 Tbsp Whipped Cream
(103g)**

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 15mg **1%**

Total Carbohydrate 9g **3%**

Dietary Fiber <1g **3%**

Total Sugars 8g

Includes 2g Added Sugars **4%**

Protein 4g **8%**

Vitamin D 0.2mcg 2%

Calcium 50mg 4%

Iron 0.2mg 0%

Potassium 160mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Made with Pineapple:

Nutrition Facts

8 servings per container

Serving size

4 slices Pineapple with 2 Tbsp Whipped Cream (103g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 15mg **1%**

Total Carbohydrate 11g **4%**

Dietary Fiber <1g **3%**

Total Sugars 9g

Includes 2g Added Sugars **4%**

Protein 4g **8%**

Vitamin D 0.2mcg 2%

Calcium 50mg 4%

Iron 0.2mg 2%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Grilled Peaches" (10/22/18) and "Yogurt Whipped Cream" (6/23/20)



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