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.

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<td>8 SERVINGS</td>
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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.
Recipe adapted from Health meets Food, “Grilled Peaches” (10/22/18) and “Yogurt Whipped Cream” (6/23/20)