



Savory Grilled Plums

YIELD: 8 SERVINGS (1/2 PLUM EACH)

PREP TIME: 8MIN

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ADAPTED FROM: EVERYDAY HEALTHY MEALS, NETWORK FOR A
HEALTHY CALIFORNIA, 2007



PREP TIP: LOOK FOR PLUMS WITH SOLID COLOR - RED, PURPLE, BLACK, LIGHT GREEN, OR YELLOW. CHOOSE FIRM PLUMS THAT GIVE SLIGHTLY TO GENTLE PRESSURE. RIPEN HARD PLUMS IN THE REFRIGERATOR FOR UP TO FIVE DAYS.

CHANGE IT UP: PACK WHOLE RIPE PLUMS IN LUNCHES OR ENJOY AS AFTERNOON SNACKS. ADD SLICED PLUMS TO GREEN SALADS. MAKE A STONE FRUIT SALAD WITH PEACHES, PLUMS, AND APRICOTS. TOP LOWFAT YOGURT WITH SLICED PLUMS AND GRANOLA FOR BREAKFAST OR DESSERT.

NUTRITION TIP: PLUMS ARE A STONE FRUIT THAT ARE RICH IN FIBER AND NUTRIENTS, AND ADAPTABLE TO BOTH SWEET AND SAVORY RECIPES.

INGREDIENTS:

- 4 PLUMS, HALVED AND PITTED

INSTRUCTIONS:

1. USING COVERED BARBEQUE GRILL, COOK HALVED PLUMS OVER MEDIUM, INDIRECT HEAT FOR 4 MINUTES.
2. TURN OVER PLUMS AND COOK FOR AN ADDITIONAL 4 MINUTES
3. SERVE WHILE HOT.

NUTRITION FACTS (PER PORTION)
-19 CALORIES -5G CARBOHYDRATES
-0G FAT -1G FIBER
-0G PROTEIN -0MG SODIUM



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