

Grilled Plum Melba

While your barbeque is hot, why not take on dessert? Besides being an excellent source of **fibre** and **vitamin** C, this colourful plum melba is low in **sodium** and **saturated fat**. Serve alongside frozen yogurt for an easy, summery option. Also works as a delicious tart filling, if you're looking to mix things up!

Prep: 7 minutes • Total: 15 minutes

Ingredients:		
Limes	3 each	3 each
Fresh raspberries	3 pints	1.4 L
Granulated white sugar	½ cup	125 mL
Fresh blueberries	1 pint	470 mL
Fresh blackberries	1 pint	470 mL
Ripe plums	4 large	4 large
Low-fat frozen yogurt	2 pints	940 mL

Directions:

- 1. Preheat grill.
- 2. Juice 2 limes and zest 1 tsp; keep separate.
- 3. In small saucepan, combine 2 pints raspberries with ¼ cup sugar. Cook over medium heat until raspberries start to release juices and break down.
- 4. Remove raspberries from saucepan; pour into blender and puree. Strain to remove seeds. Season to taste with lime juice, and set aside.
- Toss together remaining raspberries, blueberries, blackberries, remaining sugar, lime juice, and lime zest. Set aside.
- 6. Pit and half plums. Grill until warmed through about 3 minutes each side. Remove from grill.
- 7. To serve: combine a grilled plum half with a scoop of ice cream in a shallow dish. Spoon equal amounts of raspberry sauce on top, and finish with equal amounts of berry mixture.
- 8. Garnish with grilled lime, and serve!

Nutriti Serving Size (3 Servings Per C	301g)		cts	
Amount Per Servin	g			
Calories 260	Calc	ries fron	n Fat 35	
		% Da	ily Value*	
Total Fat 4g			6%	
Saturated Fat 2g			10%	
Trans Fat 0g				
Cholesterol 10mg			3%	
Sodium 55mg			2%	
Total Carbohydrate 55g 18%				
Dietary Fiber 9g			36%	
Sugars 43g				
Protein 5g				
Vitamin A 8%	• \	/itamin (70%	
Calcium 15%	•	ron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Le Saturated Fat Le Cholesterol Le Sodium Le Total Carbohydrate Dietary Fiber Calories per gram:	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Adapted from: SELF Magazine, June 2002

Makes 8 servings (301g / serving) • 1 serving = 1 grilled plum half with ice cream

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